

A Delicious Recipe

...featuring California Avocados

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Caribbean Guacamole

Submitted by:
The California Avocado Commission

Serves: 6
Down in Jamaica they've got lots of pretty women and some great ideas for spicing up their island version of guacamole. Tropical fruit, crunchy coconut and piquant pepper mingle with avocado as pleasantly as an ocean breeze.



Ingredients

- 2 California avocados, about 1 pound
- 1/2 tablespoon fresh lime juice
- 1/2 cup finely diced fresh mango
- 1/2 cup finely diced fresh pineapple, well drained
- 2 tablespoons dried shredded coconut (preferably unsweetened)
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt

Preparation

- Coarsely mash (DO NOT PUREE) avocados; stir in lime juice. Fold in remaining ingredients.
- Guacamole is best made as close to serving as possible. For short-term storage, seal in an airtight container with a piece of plastic wrap against the surface of the guacamole.

Nutrition Information

Because this recipe uses California Avocados...it's definitely nutritious!