Recipe For Health | **DECEMBER 2022** 

## **FESTIVE POMEGRANATE GUACAMOLE**

Enjoy this colorful take on guacamole with a splash of tart from the pomegranates.

Festive pomegranate guacamole. Cookie and Kate. https://cookieandkate.com/festivepomegranate- guacamole/Featured Food: pomegranate

Yield: Makes 2 cups

## **Ingredients**

14 medium ripe avocados, pitted and diced 1/4 cup fresh cilantro, mostly leaves, chopped 2 tablespoons fresh lime juice 1 to 2 jalapenos ( or 1 serrano pepper), seeded and

2 garlic cloves, pressed or minced chopped

1 teaspoon salt 1 medium pomegranate, deseeded (about 1 cup)

1/2 medium red onion, chopped Entirely optional: 1/2 cup crumbled feta

## **Preparation**

With a spoon, scoop the avocado flesh into a medium-sized mixing bowl. Add the lime juice, garlic and salt. Mash the ingredients together with a large fork or potato masher until the avocado is nice and creamy.

Add the onion, chopped cilantro and jalapeño to the bowl and mix well. Gently stir in  $\frac{1}{2}$  of the pomegranate arils. For extra presentation points, transfer the guacamole to an appropriately sized serving bowl now. Sprinkle remaining pomegranate arils over guacamole, along with some additional chopped cilantro and totally optional feta, if you'd like. Serve immediately.