Going Green Guac

Prep Time: 10 minutes Total Time: 15 minutes Yield: 2 servings (Having a party? Double or triple - for more!)

The Goods



1 1/2 tablespoons white onion, chopped



1 1/4 teaspoons jalapeño, seeded and chopped (Feeling extra spicy? Add extras, seeds included.)



1/2 teaspoon coarse sea salt



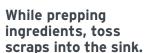
1 tablespoon + 2 teaspoons fresh cilantro, chopped



1 ripe avocado, pitted, peeled and coarsely chopped

3 tablespoons tomato, seeded and chopped

The Make-It-Landfill-Free Steps





With a mortar and pestle, mash onion, jalapeño, salt and a tablespoon of cilantro until smooth and juicy.



Add avocado, and mash slightly. (Avocado should remain somewhat chunky.)



Stir in tomato and remaining chopped cilantro.





Worried about using your InSinkErator to grind your avocado scraps?

Have no fear! InSinkErator disposals can handle avocado skin and even the pit!

Grind those scraps!

- Turn on the cold water. Then start your InSinkErator disposal.
- Push the avocado pit in the disposal. Then gradually feed in the rest of the food scraps.
- Once you hear the disposal change sound, turn off your InSinkErator disposal and let the faucet run for a few seconds before turning off.



Serve immediately or tightly cover and refrigerate. Pat on the back for reducing landfill waste.

The Above and Beyond

Extend the shelf life of your avocado!

Avocados will ripen more quickly on the counter. Once they yield to gentle pressure, they're ready to eat. If you need them for a bit longer, they'll keep for about three more days in the fridge.

