

COMMENT

Black bean vegan burgers: part two

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What's Cookin

Sadly, some people avoid eating avocados, because they are concerned about the high fat and calorie count. Now I'm no expert, but I do believe that when you are talking calories and fat there are some choices that are better than others. For example, a serving of avocado as part of your meal would be a better choice than the same calorie count of potato chips or ice cream. Not all calories were created equal! Avocados have so many great nutrients they are not to be missed!

Friends of mine were in Mexico one winter and they went to a tiny little restaurant for lunch. They ordered guacamole and when it was delivered, the waiter brought a tray to the table that had two beautifully ripe avocados, cut in half, seed removed and several tiny little bowls of ingredients. What happened is the waiter asked each of them what they liked in their guacamole. So he mashed the avocado right in the skin, then

added from a selection of lime juice, garlic, onion, tomato, hot peppers, etc then customized as per their requests and served to each of them right in the avocado skin, using it as a serving vessel. I think that is totally cool and could be a great station at a party you could setup avocados, cut and seeded (brush with a bit of lime juice to keep from browning), then line up the dishes of ingredients and let everyone make their own. Finish that off with a big basket of tortilla chips and you're all set!

The recipe today is week two of a three-week meal. Last week we showed the vegan black bean burgers, this week the guacamole and then next week will be the fries.

Have fun and keep cooking!

Guacamole

INGREDIENTS

- 3 avocados (ripe)
- 1 lime, juiced
- ¼ cup chopped fresh coriander
- ½ tsp cumin
- 1 medium garlic clove, minced small
- 1 plum tomato, interior flesh removed, exterior minced fine
- 1 jalapeno, seeds removed, minced
- ¼ quarter cup minced red onion
- salt and pepper

METHOD

1. Remove the flesh from the avocados and



mash in a bowl with the lime juice.

2. Mix in the rest of the ingredients. Taste. Add salt and pepper to taste.

3. Serve with tortilla chips, on a burger, on a sandwich, on fish tacos!



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