



Guacamole with Strawberries

Real guacamole has healthy fats, antioxidants, and far less calories than a jar of nacho cheese. This recipe from Rick Bayless combines sweet strawberries with spicy, fruity habaneros. Bayless recommends pairing with jicama, a.k.a the Mexican potato. With only 25 calories per ½ cup, jicama is a low-carb, fiber-filled alternative to tortilla chips. It's crunchy like a carrot and has a slightly sweet taste, which provides a nice counterbalance to the spicy habanero. Simply slice the large tuber and dip it raw into the guacamole. Bayless also suggests using whole strawberries for dipping.

Ingredients:

- 3 ripe medium-large avocados
- ½ medium red onion, chopped into pieces no larger than ¼ inch
- ½ fresh habanero, stemmed, seeded, deveined, and finely chopped
- 1 lime
- 1 small orange
- 3 tablespoons loosely packed chopped fresh cilantro
- 2/3 cup chopped ripe strawberries, plus a little extra for garnish
- 1 teaspoon salt

Method:

1. Cut the avocados in half, running a knife around the pit from top to bottom. Twist the halves in opposite directions to release the pit. Scoop the flesh from each half into a large bowl. Using a potato masher, a large fork, or the back of a spoon, mash the avocado.
2. Strain the onion under cold water and then add it to the avocado, along with the habanero.
3. Finely grate 1 ½ teaspoons lime zest and ½ teaspoon orange zest and add to the bowl. Juice both fruits and add 2 tablespoons lime juice and 1 tablespoon orange juice to the bowl. Throw in the chopped cilantro and strawberries and stir. Season with salt to taste. Sprinkle the finished guacamole with chopped strawberries. Makes 6 servings.



Just 1 cup of strawberries has a respectable 3 grams of fiber and more than a full day's recommended dose of vitamin C—an antioxidant that helps keep skin healthy.

How to Pick the Best Strawberries – From Eating Well Magazine

Strawberries do not ripen further after picking. So it is important to choose plump, bright red berries, as white- or green-tipped strawberries are lacking in flavor. Don't overlook the little ones—small strawberries are often sweeter than big ones. Strawberries should be free of mold and bruises. Caps should be attached, green and fresh looking. Produce with thin or edible skin is more susceptible to pesticide contamination, and strawberries are no exception, according to the Environmental Working Group. In fact, strawberries rank high on the group's Shopper's Guide to Pesticides. **If your budget allows, we suggest buying organic strawberries.** One pound of strawberries will yield about 4 cups hulled or about 3 cups sliced.

