

Pico de Guac!

*Photo by Rebecca Otis. Click on picture for other food photography on Flickr.



Yes, a self-conceived concept that combines the veggies of pico de gallo with the avocado of guacamole, for a spiced up mexican appetizer (also reminds me of one of my favorite fresh Spanish and Latin American dishes, [Ceviche](#), only without the seafood). I came up with this recipe on the spot, when I was invited to a barbeque while at the grocery store, and had to pick up ingredients spontaneously to whip something up for the event just about 2 hours later. Here's a no-bake, 10-minute recipe for a great mexican, or in this case, outdoor barbeque appetizer!

Green Entertainment (no-bake) Appetizer Recommendation:

Ingredients - 2 firm roma tomatos - 1 white onion - 2 small [jalapenos](#) (deep green in color)] - 2 limes - 1 medium sized avocado (Shouldn't be too firm, but also not mushy when light pressure is applied to the outer shell. Also, the skin shouldn't be too dark, or it might be past-ripe) - 1 tsp cayenne pepper - medium sized bowl serving dish **Directions** - Dice tomatos into small pieces (try to remove the seeds and juicy center as you quarter it, so the end result isn't watery) - Peel and dice the onion (add as much as you like) and add to the tomatos - Cut one of the jalapenos lengthwise, and carefully remove the center and seeds (this is where most of the heat is contained). Dice the two halves into small pieces, and add to the mixture. - Dice the other jalapeno as-is, if you like spiciness, and add to mixture - Cut into the avocado around the outer edge lengthwise. - Twist the 2 halves, so they separate. - Use a spoon to remove the side without the pit, and dice into small pieces-add to mixture

Using a larger knife, use a little force to place the edge of the knife into the pit of the avocado deep enough so that when you twist the knife, the pit comes with it, and is removed easily. Be careful when you try this step. If you're not sure, just cut around the pit, or use a spoon to scoop it out. It's a trick I learned on the Food Network.

- Slice the 2 limes, and squeeze lime juice into the mixture, tossing as you add juice. - Add tsp of cayenne pepper for extra heat, and toss. - Cover the Pico de Guac, so the avocados don't turn brown (this happens when they are exposed to oxygen for too long, but the acidity of the lime juice will help with this as well). - Serve with tortilla chips or crackers of your choice. Bon appetizer!