Guacamole

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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Guacamole

Introduction

Guacamole is considered to be avocado based-dip which was developed by Mexico. At the start, it was mostly used in the Mexican cuisine but now it has become popular in American and International cuisine as well as salad ingredient, dip, and condiment. This report discusses the benefits, recipes, and use of guacamole.

Discussion

1. Benefits

Guacamole serves up a health benefits array which is mostly due to the avocado which contains particularly the monosaturated fats. These fats are considered to be healthy and play a significant role in the structure and function of brain and cell membranes all over the body. Due to the presence of fats, these avocados also help in maintaining the healthy levels of cholesterol and also make an individual feel satisfied and full. So, by eating the avocados with the carbohydrate-rich foods and healthy fats one can control the glycemic response of the body. Avocados also have twenty different types of minerals and vitamins. This fruit is considered to be the folate's good source. It contains Vitamin B which is crucial for the health of DNA and cell and also enrich in Vitamin K that is essential for the health of bone, brain, and heart. As compared to other dips such as sour cream or ranch, Guacamole is considered to lower in calories. It is also made of whole natural foods that contain their benefits of health promotion such as fiber from the added vegetables. As guacamole have minimally-processed foods of plants instead of refined starches or grains, extra sugars, trans fats, and highly-processed ingredients that promote better health and nutrition (Duarte, et, al., 2016).

1. Recipe

The Trick for fine guacamole is utilizing ripe avocados which are not ripe enough otherwise it will be tasteless, and hard.

1. Ingredients

• Two Ripe Avocados

• Half Teaspoon Kosher Salt

• One Table Spoon of lemon juice or Fresh Lime Juice

• Two Table Spoon of quarter minced red onion cup or sliced green thinly onions

• 2 minced serrano chilis in which seeds and stems are removed

• Two tablespoons of finely chopped cilantro

• One dash of grated black pepper

• Half-ripe chopped tomatoes in which seeds and pulp should be removed

1. Method

First, cut the avocados into half pieces and remove its seeds. After scooping out its flesh place it in the bowl. Then after utilizing the fork mash the avocados. Sprinkle it with lime and salt. Then add the chopped chilis, black pepper, cilantro, and onions. Then add the desired degree of hotness with chili pepper to the guacamole. At the last step, place the wrap of plastic on the guacamole surface for covering it and for preventing the air to reach. In the end, refrigerate it, until it gets ready to serve. Chilling tomatoes can hurt the flavors, so one can also add chopped tomatoes their guacamole according to their taste. For garnishing one can use jicama or radishes.

1. Usage

Guacamole can be eaten with vegetables by dipping peppers or carrots in it. Moreover, one can also enjoy guacamole by dipping chips of salty tortilla in it. It can also utilize as a spread on the sandwich of whole-grain or lettuce wrap instead of mayo, ranch or Italian dressing. It can also be used for garnishing smooth soups. Standard deviled eggs can be garnished with a spoon of guacamole. Instead of tartar sauce, one can use guacamole with fried fish which can give a wonderful taste.

Conclusion

So, it is concluded that Guacamole is much more than dip and can be used in several ways beyond the Mexican cuisine. One can make his meal special with the help of Guacamole. If someone wants to make the healthiest Guacamole, he should skip the unhealthier ingredients such as mayo and should add desire vegetables like green or red peppers and beans.

Reference

Duarte, P. F., Chaves, M. A., Borges, C. D., & Mendonça, C. R. B. (2016). Avocado: characteristics, health benefits and uses. Ciência Rural, 46(4), 747-754.