



HOLY CAJUN TRINITY GUACAMOLE

- 2 fully ripened avocados from Mexico, halved and pitted
- 1/4 cup finely chopped onion
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon Tabasco or other Louisiana hot sauce
- 1/3 cup finely chopped celery
- 1/3 cup chopped red bell pepper
- 1/4 cup chopped parsley

Into a medium bowl, gently scoop out the avocado from the skins; add onion, lemon juice, salt and Tabasco. With potato masher or fork, mash until the mixture becomes a chunky puree. Fold in the celery, bell pepper and parsley; serve with corn chips or cut-up raw vegetables.

YIELD: about 2-1/3 cups (4 to 6 servings)