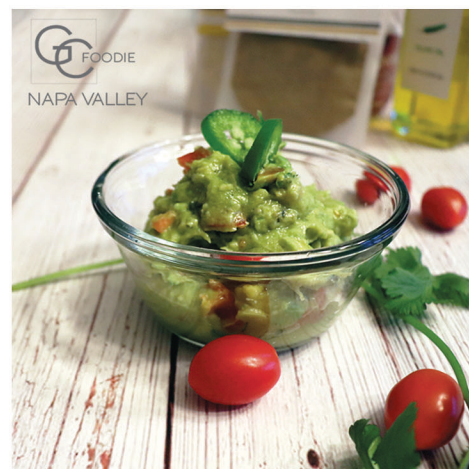


Fresh ingredients create a vegan, gluten-free dip, condiment, and garnish

SERVES: 4-6
 PREP TIME: 10 minutes
 TOTAL TIME: 10 minutes

INGREDIENTS

- 2 large or 3 medium ripe Hass avocados
- 2 Tbsp. GC Napa Valley Natural Jalapeño Olive Oil *
- ½ tsp. GC Napa Valley Natural Olive Spice Blend or 1 pinch ground cumin
- 1 tsp. GC Napa Valley Natural Lemon Finishing Sea Salt
- ½ tsp. GC Napa Valley Natural Lemon Tellicherry Pepper
- 2 Tbsp. lime juice, fresh
- 2 Tbsp. red onion or shallot, finely diced
- 1 garlic clove, finely minced
- 1 small jalapeño pepper, seeded, white ribs removed, finely minced *
- 2 Tbsp. cilantro (leaves and stems), chopped
- 10 grape tomatoes or 2 roma tomatoes, seeded, chopped, patted dry (¾ cup)
- * For milder version omit jalapeño pepper, add Jalapeño Olive Oil to taste or substitute with GC Napa Valley Natural Lemon Olive Oil
- Optional Recipe: Herb Sea Salt Tortilla Crisps



TO PREPARE

- Halve avocado lengthwise and remove pit. Scoop out flesh into a medium bowl and mash with a fork until desired texture, chunky or creamy.
- Add remaining ingredients except tomatoes. Mix until well combined. Gently fold in tomatoes.
- Serve immediately. If making a few hours ahead, put plastic wrap directly on mixture's surface to prevent browning. Refrigerate.

TO SERVE

Put Smashed Avocado in a decorative bowl. Serve with your favorite chips. Or as a savory, healthy chip option, prepare our Herb Sea Salt Tortilla Crisps. Serve Smashed Avocado with fajitas, tacos, quesadillas, salsa, raw vegetables, and salads. As a condiment, put on toast, scrambled eggs, baked potatoes, smoked fish, salmon, tuna, white fish, shrimp, crab cakes, burgers, BLT's, toasted cheese sandwiches, and our Salted Radish Sandwich with Citrus Herb Butter Smear. Mix with mayonnaise or add to tuna salad, egg salad or chicken salad to boost flavor. Use as a soup garnish for black bean, lentil, chili, and gazpacho.

WINE PAIRING

2016 Pietro Family Cellars Sauvignon Blanc, Napa County



SHOPPING LIST

- | | |
|--|--|
| 2 large or 3 medium ripe Hass avocados | 1 bunch cilantro |
| 1 lime | 1 pint grape tomatoes or 2 roma tomatoes |
| 1 red onion or shallot, small | |
| 1 garlic bulb | |
| 1 jalapeño pepper, small | |

FROM YOUR PANTRY & PREVIOUS SHIPMENTS
 GC Napa Valley Natural Olive Spice Blend or ground cumin
 GC Napa Valley Natural Lemon Tellicherry Pepper

MORE RECIPES & WINE COUNTRY FOODIE CLUB INFORMATION

As a Wine Country Foodie member, you enjoy our Napa Valley Estate Garden and Vineyard to your doorstep. Experience artisanal gourmet GC Napa Valley products and recipes with wine pairings.

www.oconnellfamilywines.com