

10 fresh takes on Super Bowl guacamole

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Whether or not you like avocados, you really have to admire the way their marketers have totally owned the Super Bowl.

For no particular reason other than force of will, avocados — and the guacamole they produce — are indelibly linked with this major American sporting event. A Super Bowl party without guacamole — and its

trusty sidekick chicken wings — in many circles is considered downright unpatriotic.

So to help you better embrace the official fruit of the Super Bowl, we came up with 10 creative ways to make a

better guacamole. We suggest starting with our basic recipe — which is pretty darn good just as is — then adding in whichever combination of flavors best gets you in the mood for the big game.



AP Photos/Matthew Mead
Consider trying a shrimp scampi guacamole this year.

Basic Guacamole

Start to finish: 10 minutes

Servings: 8

2 avocados

Juice of 1/2 lime

1 teaspoon ground cumin

1/2 cup diced tomato

2 tablespoons chopped fresh cilantro

1/4 cup diced red onion

Kosher salt and ground black pepper

Hot sauce, to taste

Directions

1. Slice the avocados in half lengthwise around the pits. Twist to separate the halves

and remove the pits.

2. Spoon the flesh into a medium bowl. Use a fork to mash the avocado until as chunky or smooth as you prefer.

3. Stir in the lime juice, cumin, tomato, cilantro and red onion. Season with salt, pepper and hot sauce. Serve immediately.

Nutrition information per serving: 90 calories; 70 calories from fat (78 percent of total calories); 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 6 g carbohydrate; 4 g fiber; 1 g sugar; 1 g protein; 80 mg sodium.

10 Ideas for Guacamole

1. Fast and dirty: In place of the tomato, cilantro and red onion, stir in 1/2 cup of your favorite jarred salsa, 1 tablespoon olive brine, and 2 tablespoons chopped green olives.

2. Mango-balsamic: In place of the tomato, stir in the diced flesh of 1 mango. Use scallions in place of the red onion and 1 tablespoon balsamic vinegar in place of the lime juice.

3. Chipotle-corn: Stir in 1 minced chipotle and 1 tablespoon adobo sauce from a can of chipotles in adobo. Add 1/2 cup corn kernels.

4. Tzatziki: Use 1 cup finely diced seedless cucumber in place of the tomato and red onion. Use dill in place of the cilantro. Stir in 2 minced cloves garlic.

5. Roasted garlic and poblano: Roast a head of garlic wrapped in foil with a little olive oil until tender and brown, about 30 minutes at 400 F. Roast a poblano pepper under the broiler, turning frequently, until the skin chars. Carefully remove the charred skin from the pepper, then chop

the flesh. Squeeze the garlic pulp from the skin and mash. Mix both into the guacamole, omitting the onion.

6. Minted cotija: Follow the basic method for guacamole, but use 2 avocados, the lime juice, 3 tablespoons chopped fresh mint, and 2/3 cup crumbled cotija cheese. Season with salt and black pepper.

7. Maple-bacon: Follow the basic method for guacamole, but use 3 avocados, 2 tablespoons white wine vinegar, 2 tablespoons soy sauce, 2 tablespoons maple syrup, 2 chopped scallions, and 1/2 cup chopped cooked bacon. Season heavily with black pepper.

8. Ginger-hoisin: Add 2 tablespoons grated fresh ginger and 2 tablespoons hoisin sauce.

9. Citrus tabbouleh: Replace the tomato and onion with 3/4 cup purchased tabbouleh and the zests of 1 lemon, 1 lime and 1 orange.

10. Shrimp scampi: Use lemon juice in place of the lime juice and basil in place of the cilantro. Omit the cumin, tomato and onion. Stir in 1 cup chopped cooked shrimp, 2 cloves minced garlic and 1/3 cup shredded Parmesan cheese.



There are multiple ways to serve up guacamole for the Super Bowl, such as this maple bacon guacamole.