

St. Louis Community College

Hospitality Studies

East Meets West Guacamole

Dairy-Free, Vegetarian

The classic Southwestern avocado dip takes on an Eastern slant with the addition of water chestnuts, 5-spice powder and hot sesame chile oil. Add an Indian touch by serving with our Spicy Pita Chips.

Serves 6 (makes 3 cups)

Guacamole

- 3 medium ripe Haas avocados
- 1/2 red onion, diced
- 1/2 cup water chestnuts, diced
- 2 medium cloves garlic, minced (2 tablespoons)
- 1 teaspoon cumin powder, ground
- 1/2 teaspoon 5-spice powder
- 1/2 teaspoon hot sesame chile oil
- 2 tablespoons cilantro leaves, minced
- juice of 2 small or 1 medium fresh lime, (3 tablespoons)
- sea salt, to taste
- 4 green onions, thinly sliced
- 8 cilantro sprigs

- **Spicy Pita Crisps**

6 pita breads make 48 pita crisps

- 1 package pita bread
- 1 tablespoon cumin, ground
- 1 teaspoon smoked paprika
- 1 teaspoon 5-spice powder
- 1 tablespoon garlic powder
- 3 tablespoons black sesame seeds
- sea salt, to taste
- vegetable or olive oil spray

Cut the avocados and scrape all of the pulp into a medium bowl.

Roughly mash the avocado while mixing in the red onion, water chestnuts, garlic, cumin, 5-spice, sesame chile oil, cilantro leaves, lime juice and salt, making a coarse, thick and creamy mixture. Set aside while preparing the crisps.

Preheat the oven to 350°F. Slice each pita bread into 8 wedges (like a pie). Gently separate each wedge by pulling it apart three-fourths of the way. In a small bowl, combine the cumin, paprika, 5-spice, garlic powder, sesame seeds and salt. Spray each pita crisp with oil. Immediately sprinkle with spice mixture to coat lightly. Transfer to a baking sheet. Bake for 10 minutes or until golden brown and crispy. Be careful not to burn the spices or they will be bitter. Drain the pita crisps on a paper towel and transfer to a platter.

Garnish the guacamole with cilantro sprigs and sliced green onions and serve room temperature or chilled with pita crisps.

Pita crisps will keep for a month if stored in an airtight container. If they lose their crispness, warm in a 350°F oven for 5 minutes.

Nutrition Info

Per Serving (145g-wt.): 290 calories (90 from fat), 10g total fat, 1.5g saturated fat, 6g dietary fiber, 8g protein, 43g carbohydrate, 0mg cholesterol, 710mg sodium