

Mediterranean Guacamole



Serves 6-8

Ingredients

- ½ cup chopped red onion
- 1 garlic clove, minced or pressed
- 1 to 2 jalapeño or serrano peppers, seeding optional, finely chopped
- ½ cup chopped fresh mint
- ½ cup chopped fresh basil
- ¼ cup fresh squeezed lemon juice
- 3 tablespoons extra virgin olive
- 1 teaspoon kosher or sea salt, or to taste
- ¼ teaspoon freshly ground black pepper
- 1 15.5 oz. can chickpeas, about 2 cups, rinsed and drained
- 2 baby cucumbers, about 2 cups, diced
- ¼ cup chopped sundried tomatoes packed in oil
- ¼ cup chopped pitted Kalamata olives
- 3 ripe avocados, halved, pitted, meat scooped out, diced
- ¼ cup, about 1 oz., crumbled feta cheese, or to taste
- Pita chips or pita bread, to serve

Preparation

1. Place the red onion, garlic, jalapeño, mint and basil in a mixing bowl or molcajete and mash together with a tejolote, pestle or fork, making a coarse paste.
2. Stir in the lemon juice, olive oil, salt and pepper, mash and mix again.
3. In a large bowl, mix the chickpeas, cucumbers, sundried

