

Quick & Easy

THE COSTCO WAY

Avocados from Peru Hummus & Guacamole Board

Makes 10 to 15 servings

Avocado Hummus Ingredients:

- 1 ripe Avocado from Peru, pitted
- ¼ cup tahini
- ¼ cup olive oil
- 1 can (16 oz) chickpeas, drained and rinsed
- ¼ cup lemon juice
- Salt and pepper to taste
- ½ tsp garlic powder
- ½ tsp ground cumin
- ½ tsp paprika
- 2 Tbsp cilantro, chopped
- 1 pinch cayenne pepper (optional)
- 1 dash hot sauce (optional)

Instructions:

In a food processor or blender, add avocado, tahini, olive oil, chickpeas, lemon juice, salt and pepper, garlic powder, cumin, paprika and cilantro. Blend until smooth. Add cayenne and/or hot sauce, if desired. If hummus is too thick, add a little bit of water to thin it out. Place hummus in a bowl.

Continued on page 2.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



Quick & Easy

THE COSTCO WAY

Continued

Guacamole Ingredients:

3 ripe Avocados from Peru, pitted
1 lime, juiced
Salt to taste
1 to 1½ tsp garlic powder
1 medium tomato, diced
1 small red onion, finely chopped
1 to 2 jalapeño peppers, seeded and finely chopped
¼ cup cilantro, chopped

Instructions:

Scoop avocados into a mixing bowl. Add lime juice, salt and garlic powder. Mash with a fork until it reaches desired consistency. Add tomato, onion, jalapeño and cilantro. Stir to combine. Adjust seasonings as needed.

Board Ingredients:

Avocado Hummus
Avocado Guacamole
Pita bread or chips
Cucumbers, sliced
Bell peppers, sliced
Cherry tomatoes
Roasted chickpeas
Almonds or pistachios
Broccoli
Sugar snap peas

Instructions:

Arrange the Avocado Hummus and Avocado Guacamole bowls in the center of a board. Surround with pita bread, cucumbers, bell peppers, tomatoes, chickpeas, nuts, broccoli and peas.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

