



**FOOD & FINANCE**  
WITH SHELLEY NADEL

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## Guacamole & Homemade Chips

### Cooking & Financial Tips

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| 1. To prevent oxidation (turning black), place clear plastic wrap directly on top of guacamole and seal tight.<br>2. Marinate chopped onion in lime juice for 10 minutes to mellow out the flavor.<br>3. If you bake your chips, use oil spray to give them that fried feel. | 1. Comprehensive financial planning creates financial resilience in good and bad times.<br>2. Make sure your plan does not just address retirement.<br>3. Only accept a plan that responds to your unique needs and wants rather than plug and play. |
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## Guacamole

### Ingredients

- 2 avocados
- finely chopped purple/red onion
- chopped tomatoes – can use cherry, mini plum, roma or hothouse
- finely chopped fresh jalapeño (can use hatch chilis for less heat)
- finely chopped fresh cilantro
- garlic powder
- ground cumin
- freshly squeezed lime juice
- salt to taste
- optional: diced sweet peppers

### Preparation

The only advance prep this recipe needs is to marinate/soak the chopped onion in the lime juice for about 10 minutes – that will mellow out the impact of biting on an onion piece.

In a medium bowl, combine the onion and lime juice, and season with salt, cumin, and garlic powder to taste. Let that sit as you chop the jalapeño.

Cut the hard stem end off of the jalapeño and discard, then slice the chile in half lengthwise. If you don't want the spice, use your knife or a spoon to remove the inner seeds and white membrane (this is where most of the chile's heat resides). If you enjoy the heat, then leave all of that in. Chop the jalapeño as finely as you can and add to the bowl with the onion and lime juice. Be sure to wash your hands very well with soap after handling spicy chiles like jalapeños, and whatever you do, do not touch your eyes after handling them.

Cut the avocados in half lengthwise and pull the halves apart. You can use your knife to pit the avocados, but a safer way is to hold the avocado half in one hand so that your thumb is touching the skin side where the pit is, and your index and middle fingers are touching the flesh side around the pit. Gently press your fingers into each other to pop the pit out; with a ripe avocado, it should come out very easily. Use your hands to squeeze the avocado flesh out into the bowl with the other ingredients or scoop it out with a spoon.

Using a fork, gently mash the avocados against the side of the bowl until they are mashed to your desired consistency, then stir them into the other ingredients until well combined. Taste and add more salt, if desired.

Contrary to popular belief, adding avocado pits to guacamole does nothing to prevent oxidation, but if you press a good layer of plastic wrap or parchment paper directly over the guacamole and store it in the refrigerator, it will keep well for up to 2 days.

## Homemade Chips

### Ingredients

- tortillas
- oil
- salt

Heat the oven to 375 degrees Fahrenheit. Line two baking sheets with parchment paper or use a silicone baking mat.

Spray or lightly brush the tortillas on both sides with oil. Cut each tortilla into six triangles and then arrange, in one layer, on the baking sheets.

Bake until the chips are crisp and golden brown, 10 to 20 minutes.

Check the chips often, and if you find that some are browning quicker than others, rotate the baking sheets to encourage more even baking.

Lightly season each chip with salt and then serve.