POMEGRANATE GUACAMOLE

Yields 1 bowl guacamole
Preparation 5 minutes
Cooking 15 minutes

What you need

1 large ripe avocado
1 lime, zest and juice
Half a pomegranate
1 red hot chili
1 tsp minced red onion
2 tbsp plain yogurt (low-fat is fine)
Cayenne pepper and chili powder, to taste
Salt and pepper, to taste

What to do

1. Purée the avocado; with a fork if ripe enough of a food processor if you have one.
2. Add the zest of one lime and also add the juice and whatever pulp is left. Add the yogurt and mix.
3. Mince some red onion (about 1 teaspoon's worth) and a deseeded red chili and add to the mix.
4. Add the arils from half a pomegranate, as well as some chili powder and cayenne pepper to taste. Taste the guacamole with some corn chips or your preferred condiment, and salt and pepper to season.
5. Keep the seed in the bowl of guacamole to keep it from discoloring. This makes a generous bowl of guacamole for a family, but I would double the recipe if you are entertaining.

Notes

Any fruit could potentially work in this guacamole (little chunks of mango, peach, grapes even), but I definitely recommend the pomegranate. Feel free to add the seeds or a jalapeno pepper if you like it really hot, but I wanted more of the chili flavor than the heat.