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Recipe name:

Dulce De Leche

From the country of:

Argentina

Wikipedia, the free encyclopedia



How to prepare:

1. In a large saucepan, bring milk to a boil over medium-high heat. Remove from heat and strain through cheesecloth. Return to pan.
2. Cut vanilla bean in half and pour the seeds in the milk. Stir in the sugar and replace the pan on medium-high heat, stirring constantly until the sugar is dissolved. Just as the milk mixture begins to boil, stir in the baking soda. Reduce the heat to medium, stirring constantly until mixture thickens. When a wooden spoon drawn through the mixture leaves the bottom of the pan visible, and the mixture is light brown in color, remove the pan from the heat.
3. Place the pan in an ice bath and stir constantly until dulce de leche is cold. Store in air-tight container in refrigerator. Pour into sterile jars, and store in the refrigerator.



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Ingredients:

- 1 gallon milk
- 1 vanilla bean
- 4½ cups white sugar
- 1 teaspoon baking soda





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Recipe name:

Cheese Balls

From the country of:

Bolivia

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How to prepare:

1. Preheat oven to 305 F.
2. Crumble the cheese into a big mixing bowl (it should crumble easily.) Add the yucca starch, egg, and a pinch of salt. Knead it with your hands until you have a dough-like consistency. At this point, if it's too dry, you can add some milk or water.
3. Make them into little balls and insert your thumb into the bottom to make a hole in the bottom (this helps for it not to stick at the bottom of the pan.) Place them on top of a non-stick pan or flour pan. Let them sit for 15 minutes.
4. Place them in the oven between 15 – 20 minutes.
5. Bake one batch first. If it comes out too cheesy, then add more starch.



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Ingredients:

- 1 cup of yucca starch
- 3 cups of Mexican cheese
- 1 egg
- Salt, water, and milk





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Recipe name:

Cocada

From the country of:

Brazil

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How to prepare:

1. Generously grease a large cookie sheet with the vegetable oil, wiping away excess with paper towel.
2. In a large heavy saucepan, dissolve the sugar completely in water. Once the sugar is dissolved, heat the water over medium heat, without stirring. Bring to a boil. Once it begins to boil, use a pastry brush dipped in water to wash down the edges of the pan to prevent build-up of sugar crystals until the syrup reaches the soft stage (225 F to 235 F on candy thermometer).
3. Once the syrup reaches the proper temperature, add the grated coconut and stir well with a wooden or silicone spoon. Then add the condensed milk and continue to cook, stirring constantly, until the mixture begins to pull away from the bottom of the pan. Remove the pan from the heat.
4. Let it cool briefly, and then with a teaspoon, drop spoonful of cocada on the greased cookie sheet, mounding them slightly. Let the cocada cool and harden for an hour or so, and then using a spatula make sure they are not sticking to the cookie sheet. Let it cook completely.
5. Can be served immediately, or stored for up to one week in a covered container. Serve at room temperature.



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Ingredients:

- 1 lb. freshly-grated coconut
- 2½ cups of granulated white sugar
- 1½ cups of water
- ¼ cup sweetened condensed milk
- Vegetable oil





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Recipe name:

Cazuela

From the country of:

Chile

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How to prepare:

1. Cut the piece of beef into six large chunks (one per serving). Place the beef into a large saucepan; pour in the beef broth and water. Bring to a boil over heat, then reduce heat to medium, cover, and simmer until nearly tender, 1 to 1½ hours.
2. Stir the polenta into the stew along with the potatoes and onion. Cover and simmer for 15 minutes. Cut the pumpkin into six serving sized pieces, and add to the stew along the corn, carrot, bell pepper, celery, and leek; simmer until the vegetables are tender, adding more water if needed to barely cover. Stir in the oregano and paprika during the last five minutes.
3. Season to taste with salt and pepper. Ladle into serving bowls, and sprinkle with chopped cilantro.



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Ingredients:

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| 1½ pounds beef roast | 1 (32 ounce) carton beef broth |
| 2 cups water | ¼ cup polenta |
| 8 red potatoes, cut in half | 1 onion, quartered |
| 1½ carrot, cut into ½ inch slices | 2 ears corn |
| 1 celery stalk, cut into chunks | 1 small red bell pepper |
| 1 teaspoon minced fresh oregano | 1 leek |
| ½ cup coarsely chopped cilantro leaves | ¼ teaspoon mild paprika |



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Recipe name:

Arepas

From the country of:

Colombia

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How to prepare:

1. Preheat the oven to 400 F (204 C)
2. In a bowl, gradually pour the hot water over the white cornmeal flour (arepa flour). Add the melted butter and, salt then stir until it is mixed and forms dough. If you like, add a little milk at the same time as the butter. Cover the dough mix with a plastic wrap to let it cool down and rest for 10 to 15 minutes.
3. Knead the dough for a few minutes, then roll into roughly 3-inch (8cm) balls and flatten with hands until they are about ½ inch (1.5cm) thick. The resulting patties should be about 4 to 5 inches (10 – 13 cm) in diameter.
4. Heat the oil in a skillet or frying pan. Add the flattened patties to the pan and cook about 5 minutes each side until a slight golden brown crust appears. Make sure they don't brown too quickly, otherwise they will not cook well in the middle. Lower the heat if this is the case.
5. When ready, remove from the pan and leave them on a paper towel to drain the oil from them.
6. Next you can either put them in an electric arepa maker or grill them in an oven.
7. In the pre-heated oven, they should be left for about 15 to 20 minutes until a crust (known in Venezuela as a concha) is formed. If using an electric arepa maker, the crust will form in about 5 to 8 minutes.



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Ingredients:

- 2 cups of pre-cooked white corn meal
- ½ teaspoon of salt
- 2 cups of hot water
- 2 tablespoons of melted butter
- 3 tablespoons of oil





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Recipe name:

Gallo Pinto

From the country of:

Costa Rica

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How to prepare:

1. Lightly fry the onion, bell pepper, and celery in 1 teaspoon of oil.
2. When they are crispy, add your choice of the extra ingredients (except eggs.)
3. Add the rice and fry all ingredients together; allow flavors to mix.
4. Add the beans.
5. Cover and let them rest for awhile so the flavors mix and the rice becomes somewhat soft. Add scrambled eggs (if desired). Serve immediately.



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Ingredients:

- 1 cup of cooked rice
- 1 cup of cooked red or black beans
- 3 tablespoon red bell peppers, chopped
- 3 tablespoons onion, chopped
- 2 tablespoons celery, chopped
- 1 teaspoon vegetable oil

- If you desire, add one of the following ingredients:
- 1 pork sausage, minced
- 3 slices of ham, chopped in small pieces
- Scrambled eggs



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Recipe name:

Cuban Pork Roast

From the country of:

Cuba

Wikipedia, the free encyclopedia



How to prepare:

1. In a small bowl, mix together crushed garlic, rosemary, dill, oregano, and red wine. Place roast in a large plastic container; pour wine mixture over meat, and cover. Marinate overnight in a refrigerator.
2. Preheat oven to 325 F (165 C).
3. Transfer meat to dutch oven. Make eight to ten 1 inch deep cuts into the meat with a sharp knife. Insert a whole peeled garlic clove into each hole. Pour marinade over meat, and cover.
4. Roast for 35 minutes per pound, or until a thermometer inserted in the center of the roast reads 145 F (63 C).



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Ingredients:

- 5 lbs. Boneless loin pork roast
- 6 cloves garlic crushed
- 1/2 teaspoon dried rosemary crushed
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon dried oregano
- 1 cup dry red wine
- 10 cloves garlic





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Recipe name:

Pastelon De Platanos

From the country of:

Dominican Republic

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How to prepare:

1. Mix meat with pepper, onion, a pinch of salt, a pinch of pepper, and garlic. In a shallow pan, heat a tablespoon of oil. Add the ground beef and stir until it cooks uniformly. Add two tablespoons of water and the tomato paste. Let it simmer at medium heat. Adjust water when necessary. When the meat is ready, let all the liquids evaporate, adjust salt taste. Turn off the heat and reserve.
2. Peel the plantains and boil, adding 1 teaspoon of salt to the water. When the plantains are very tender turn off the heat. Take the plantains out of the water and mash them with a fork. Add the butter and keep mashing until it is very smooth.
3. Put half of the plantains mixture in the baking pan. Cover with one third of the cheese and add the meat. Add another third of the cheese, cover with the remaining plantain mixture. Cover with the rest of the cheese. Put in the oven until the top is golden brown.
4. Serve with a few slices of avocados.



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Ingredients:

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| 6 very ripe plantains | 1 teaspoon of salt |
| 1 cup grated cheddar cheese | 1 small red onion |
| 1/4 cup butter | 1 green pepper |
| 1 pound ground beef | 1 teaspoon crushed garlic |
| 2 tablespoons of oil | |
| 1 tablespoon tomato paste | |





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Recipe name:

Ceviche

From the country of:

Ecuador

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How to prepare:

1. Soak the onion slices in salt water for about 10 minutes, rinse well, and drain.
2. Mix all the ingredients together in a large bowl and let it sit in the fridge for at least an hour.
3. Serve with chifles (fried green banana or green plantain chips) or patacones (thick fried green plantains).



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Ingredients:

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| 2 pounds of cooked shrimp | Juice of 1 orange |
| 2 red onions sliced very thinly | 1/2 cup of ketchup |
| 4 tomatoes sliced very thinly | 1 bunch of cilantro chopped very finely |
| Juice of 10 to 15 limes | Salt, pepper, and oil (sunflower or light olive) |



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Recipe name:

Pupusas

From the country of:

El Salvador

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How to prepare:

1. Stir the masa harina and water together in a mixing bowl until smooth; knead well. Cover bowl, and let the dough rest for 5 to 10 minutes.
2. Shape the dough into eight, 2-inch diameter balls. On a lightly floured surface, roll out each ball into 6 inch diameter ball round. Sprinkle $\frac{1}{4}$ cup cheese over each round. Place a second tortilla over the cheese, and pinch the edges together to seal in the cheese.
3. Heat ungreased skillet over medium to high heat. Place one tortilla into the skillet at a time, and cook until cheese melts and the tortillas are lightly browned, about 2 minutes on each side.



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Ingredients:

2 cups of Masa Harina

1 cup of water

1 cup of Mozzarella Cheese





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Recipe name:

Rellenitos de Platano

From the country of:

Guatemala

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How to prepare:

1. Place the plantains in water and cover in a large pot. Bring to a boil, then reduce heat and simmer until tender for 15 minutes. Drain and mash.
2. In a small saucepan over low heat, heat the refried beans. Stir in the sugar and salt. Remove from heat.
3. To make the rellenos, form a palm sized amount of mashed plantains into a ball; flatten and place about a teaspoon of the bean mixture in the middle; mold the sides of the plantain around the beans, making an egg shaped ball.
4. Heat oil in a deep fryer or large skillet to 375 F (190 C), or until a small amount of batter sizzles and browns in the oil. Fry rellenos in the oil until browned. Drain on paper towels.



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Ingredients:

- 6 plantains, peeled and broken into chunks
- 1 (16 ounce) can refried black beans
- 1 teaspoon white sugar
- 1 quart oil for frying





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Recipe name:

Baleada

From the country of:

Honduras

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How to prepare:

1. In a medium bowl, mix the Braunschweiger liverwurst, crabmeat, and cream cheese. Spread the mixture on the tortillas. Tightly roll tortillas, wrap in wax paper, and refrigerate for one hour.
2. Slice the tortillas into bite sized pieces and serve.



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Ingredients:

- 1 (8 ounce) package Braunschweiger liverwurst
- 1 (6 ounce) can canned crabmeat, drained
- 2 ounces cream cheese, softened
- 10 (10 inch) flour Tortillas





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Recipe name:

Curtido

From the country of:

Nicaragua

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How to prepare:

1. Place the cabbage and carrots in a large heat proof bowl. Pour the boiling water into the bowl, cover the cabbage and carrots, and set aside for about 5 minutes. Drain in a colander, pressing out as much liquid as possible.
2. Return the cabbage and carrots to the bowl and toss with the remaining ingredients. Let set at room temperature for a couple hours. Then chill and serve as an accompaniment to pupusas or as a side dish.

Ensalada de repollo (Nicaragua): Add a chopped tomato or two and substitute lime juice for the vinegar.



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Ingredients:

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| 1/2 cabbage, shredded | 1 jalapeno or serrano |
| 1 carrot, peeled and grated | chili pepper, minced |
| 4 cups of boiling water | 1/2 teaspoon salt |
| 3 scallions, minced | |
| 1/2 cup of white vinegar | |





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Recipe name:

Tres Leches Cake

From the country of:

Panama

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How to prepare:



1. Preheat oven to 350 F. Grease and flour one 9x13 inch baking pan.
2. Sift flour and baking powder together and set aside.
3. Cream butter or margarine and sugar together until fluffy. Add eggs and vanilla extract; beat well.
4. Add the flour mixture to the butter, two tablespoons at a time; mix until well blended. Pour batter into prepared pan.
5. Bake at 350 F for 30 minutes. Prick cake several times with a fork.
6. To make topping, combine the whole milk, condensed milk, and evaporated milk together. Pour over the top of the cooled cake.
7. Whip whipping cream, sugar, and vanilla together until thick. Spread over the top of the cake. Keep cake refrigerated.



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Ingredients:

For cake:

- 1 ½ cups all- purpose flour
- 1 teaspoon baking powder
- ½ cup unsalted butter
- 1 cup white sugar
- 5 eggs
- ½ teaspoon vanilla extract

For topping:

- 2 cups whole milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounces) can evaporate milk
- 1 ½ cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon vanilla



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Recipe name:

Fish Soup

From the country of:

Paraguay

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How to prepare:



1. Heat the oil in a large soup pot over medium heat. Add celery, carrots, onion, green pepper, and garlic; sauté about 8 minutes.
2. Stir in tomato paste, and cook for 1 minute. Add clam juice, potatoes, and canned tomatoes with juice, Worcestershire sauce, jalapeno pepper, bay leaf, and ground black pepper. Simmer until potatoes are tender, stirring about every 30 minutes.
3. Add fish. Simmer until snapper is easily flaked with fork, about 10 minutes.



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Ingredients:

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| 2 tablespoons of vegetable oil | 2 potatoes, peeled and cubed |
| 2 stalks of celery, chopped | 1 (14.5 ounces) can peeled and diced tomatoes |
| 2 carrots, chopped | 2 tablespoons Worcestershire sauce |
| 1 onion, chopped | 1 jalapeno pepper, seeded and minced |
| 1 green bell pepper, chopped | 1 teaspoon ground black pepper |
| 3 cloves of garlic, minced | 1 bay leaf |
| 3 tablespoons tomato paste | 1 pound red snapper fillets cut into one inch pieces |
| 4 cups of clam juice | |



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Recipe name:

Anticuchos

From the country of:

Peru

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How to prepare:

1. Cut beef into 2-inch chunks and place in a non reactive bowl or dish.
2. Mash the garlic with a mortar and pestle. Add a little water if necessary to make a paste.
3. Make the marinade: in a bowl, mix the crushed garlic, ¼ cup of vinegar, ¼ cup of chile pepper paste, 1 tablespoon cumin, 1 tablespoon salt, and 2 teaspoons freshly ground pepper.
4. Pour the marinade over the beef and mix well. Marinade beef overnight in the refrigerator. If you are pressed for time, marinade beef for at least one hour at room temperature .
5. Prepare the grill. Place the beef onto the skewers (about 4 pieces of beef on each skewer).
6. Make a basting mixture of ½ cup of vegetable oil, ¼ cup vinegar, and a pinch of cumin.
7. Grill the skewers for about five minutes on each side, or more. Baste beef several times during cooking.
8. Serve with rice and corn on the cob.



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Ingredients:

12 cloves of garlic
1 tablespoon cumin
¼ cup of mild chili pep-
per
(aji panca, if available)
½ cup of vinegar, divided
1 tablespoon of salt

2 teaspoons freshly
ground pepper
2 – 3 pounds steak
(sirloin, tenderloin)
Wooden skewers





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Recipe name:

Flan de Mango

From the country of:

Puerto Rico

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How to prepare:

1. Preheat the oven to 350 F (175 C). Fill a large, shallow baking pan with about 1 1/2 inches of water.
2. In an 8x13 inch aluminum baking pan over medium heat, mix the sugar and the lemon juice. Cook and stir until caramelized. Remove from the heat, and blend in the mango, sweetened condensed milk, cornstarch, rum, evaporated milk, eggs, and salt.
3. Set pan with the mango mixture into the pan with water. Place in the preheated oven, and bake 45 minutes, or until firm. Cool before turning out onto a platter.



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Ingredients:

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| 1 cup of white sugar | 1 cup of evaporated milk |
| 1 tablespoon of lemon juice | 6 eggs, beaten |
| 2 cups pureed mango | 1 pinch of salt |
| 1 (14 ounce) can sweetened condensed milk | |
| 2 tablespoon rum (optional) | |





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Recipe name:

Paella

From the country of:

Spain

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How to prepare:



1. In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, salt, and pepper. Stir in chicken pieces to coat. Cover, and refrigerate.
2. Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring to coat rice with oil, about 3 minutes. Stir in saffron threads, bay leafs, parsley, chicken, stock, and lemon zest. Bring to a boil, cover, and reduce heat to a medium low. Simmer 20 minutes.
3. Meanwhile, heat 2 tablespoons olive oil in separate skillet over medium heat. Stir in marinated chicken and onion; Cook 5 minutes. Stir in bell pepper and sausage; cook 5 minutes. Stir in shrimp, until both sides are pink.
4. Spread rice mixture onto a serving tray. Top with meat and seafood mixture.



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Ingredients:

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| 2 tablespoons of olive oil | 1 bay leaf |
| 1 tablespoon of paprika | ½ bunch of Italian flat leaf parsley, chopped |
| 2 tablespoons dried oregano | 1 quart chicken stock |
| Salt and black pepper to taste | 2 lemons, zested |
| 2 pounds of skinless, boneless chicken breasts cut into 2-inch pieces | 2 tablespoons olive oil |
| 2 tablespoons olive oil, divided | 1 Spanish onion, chopped |
| 3 cloves garlic, crushed | 1 red bell pepper, coarsely chopped |
| 1 teaspoon crushed red pepper flakes | 1 pound chorizo sausage, casings removed and crumbled |
| 2 cups uncooked short grain white rice | |
| 1 pinch saffron threads | |



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Recipe name:

Alfajor

From the country of:

Uruguay

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How to prepare:



1. Preheat oven to 350 F. Line two baking sheets with parchment paper or nonstick baking mats; set aside.
2. In a medium bowl, whisk together flour, baking powder, and salt; set aside.
3. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar on medium speed until light and fluffy, 1 to 2 minutes. Add eggs, one at a time, and continue mixing until well combined. Add milk, orange juice, and vanilla; continue mixing until a dough forms, 1 to 2 minutes.
4. Using a tablespoon or small ice cream scoop, drop dough onto prepared baking sheets, about 2 inches apart. Transfer to oven and bake, rotating baking sheets halfway through baking, until golden, 10 to 14 minutes. Transfer cookies to a wire rack until completely cool.
5. When cookies have cooled completely, spread the bottoms of half of the cookies with dulce de leche, cajeta, or jam; sandwich together with remaining cookies. Store in an airtight container for up to 2 days. Just before serving, lightly sprinkle with confectioners' sugar, if desired.



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Ingredients:

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| 3 cups all-purpose flour | ¼ cup freshly squeezed orange juice |
| 2 teaspoons baking powder | 1 teaspoon pure vanilla extract |
| 1 teaspoon salt | Store-bought dulce de leche, cajeta, or jam |
| ¾ cup (1 ½ sticks) unsalted butter, room temperature | Confectioners' sugar, for serving (optional) |
| 1 ¼ cups granulated sugar | |
| 2 large eggs, room at temperature | |
| ¾ cup milk | |



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Recipe name:

Chunky- Style Guasacaca

From the country of:

Venezuela

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How to prepare:

1. Mash one of the avocados. Chop the other avocados and mix them with the mashed avocado in a bowl. Stir in the vinegar and olive oil.
2. Finely chop the red and green peppers, tomato, and the onion and add to the avocado.
3. Mince the garlic and add to the mixture.
4. Season the guasacaca with salt, pepper, and tabasco sauce to taste.



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Ingredients:

3 – 4 large ripe avocados
1 large onion
1 green pepper
1 red pepper
1/2 cup chopped tomato
3 – 4 cloves garlic

1/3 cup olive oil
1/4 cup vinegar
1/4 cup chopped parsley
Salt and pepper to taste

