

# Flavors of Rochester at the Market

## Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,  
Friends of the Rochester Public Market, Democrat and Chronicle, and Summit Federal Credit Union  
Saturdays, May through September 10 a.m. to 12 p.m.*

[www.cityofrochester.gov/marketflavors](http://www.cityofrochester.gov/marketflavors); [roc.democratandchronicle.com/section/flavors](http://roc.democratandchronicle.com/section/flavors)

Guest Chef for July 11, 2015: **Tracy Schuhmacher**

### RECIPE: Guacamole with Peas

Adapted from *The New York Times*

½ cup frozen small peas, thawed

1 medium jalapeño, chopped (use seeds if you like heat, omit if you don't)

2 tablespoons packed cilantro leaves, chopped, more for garnish if desired

¾ teaspoon salt, divided use, more as needed

3 small ripe avocados, mashed

2 scallions, whites only, sliced thinly (about 1/4 cup)

Zest of 1 lime

Juice of 1 lime, more as needed

1 tablespoon toasted sunflower seeds, for garnish

Chopped grape tomatoes, optional garnish

Tortilla chips and/or veggie crudites, for serving

Lime wedges, for serving

In a blender or the bowl of a food processor, purée peas with jalapeño, cilantro and 1/4 teaspoon salt. Process until almost smooth.

In a medium bowl, combine mashed avocado, scallions, lime zest, lime juice, remaining 1/2 teaspoon salt and the pea purée. Adjust salt and lime juice as needed. Transfer to serving bowl and garnish with sunflower seeds, chopped grape tomatoes and cilantro, as desired. Serve with tortilla chips, crudites and lime wedges.

**TSCHUHMACH@DemocratandChronicle.com**