

# Guacamole

## INGREDIENTS

- 3 ripe avocados
- 1 lime
- ¼ cup red onion, finely diced
- 1 tsp salt, or to taste
- ¼ cup chopped Fresh cilantro



## INSTRUCTIONS

1. To cut the avocados, run a knife around the avocado (from top to bottom) and twist in half. Pull out and discard the pit. Using a spoon, remove the flesh and place into a medium-sized bowl.
2. Cut the lime in half and squeeze both halves into the bowl with the avocado, being careful not to get any seeds in the bowl. Add the onion, cilantro, salt, and any/all or none of the optional ingredients (see notes). Using a fork gently mash each avocado half a few times then stir all ingredients together.

## NOTES

- Guacamole is best made and eaten right away. If you must store it make sure that you cover it with plastic wrap directly against the guacamole. Press the plastic wrap into it with your fingers to prevent any air from getting to it and causing it to go brown.
- To make a single serving, lunch-sized guac, use 1 avocado, 1/2 lime, 1 tsp chopped onion, and a pinch of sea salt.
- Optional additions: chopped tomato, garlic, finely minced chilis, finely minced jalapeno pepper.