



Guacamole

Ingredients

- 2 ripe avocados
- 2 tbsp of red onions, minced
- 1 garlic clove, chopped
- 2 tbsp of cilantro, chopped
- 1 ripe roma tomato, chopped (seeds and pulp removed)
- 1 tbsp of fresh lime juice (or lemon)
- salt and pepper

Directions

1. Cut avocados in half. Remove the seed and scoop out the meat of the fruit. Place in a medium size bowl.
2. Use a fork to roughly mash the avocado (Don't overdo it. You want your guacamole a little chunky.)
3. Add onions, garlic, cilantro, tomatoes and lime juice. Mix until ingredients are nicely incorporated.
4. Serve immediately or wrap the bowl tightly with plastic wrap and refrigerate until ready to serve.
5. It's important to wrap the guacamole if you do not plan to eat immediately. This will prevent air from coming into contact with the guacamole. The oxygen in air will cause the fruit to oxidize and turn brown.

