



Fresh Guacamole

Makes about 2 cups

Ingredients

3 ripe avocados, halved and pitted

Juice of 1 lime (about 2 tablespoons)

1 clove garlic, minced or grated

2 tablespoons chopped fresh cilantro

½ teaspoon fine salt

Pinch black pepper

Optional add-ins: diced tomato, red or green onions, or jalapeño

Procedure

1. Scoop the avocado out from the skins into a medium-sized mixing bowl. Mash with a fork or a potato masher to desired consistency.
2. Add lime juice, garlic, cilantro, salt, pepper, and any add-ins, and mix into the mashed avocado until well combined. Taste and adjust seasoning as desired.
3. Serve right away, or store in the fridge until ready to enjoy. Note: to keep the guacamole from turning brown, cover tightly with plastic wrap, touching the surface of the guacamole with the plastic wrap, so no air gets on it.