

# Guacamole

## INGREDIENTS:

- 2 ripe avocados, mashed
- ½ red onion, chopped
- 1 medium Roma tomato, diced
- Juice of ½ of a lime
- 2-3 cloves of garlic, minced
- 2 T cilantro, chopped
- 1 t sea salt, or to taste

## PROCESS:

- Wash tomatoes and cilantro
- Dice tomato, chop onion, chop cilantro
- Split avocados in half, discard pits, and slice meat while still in the skin
- Scoop out avocados with a spoon into a medium mixing bowl
- Mash avocados with a fork until creamy with small chunks
- Add in tomatoes, onion, cilantro, garlic, lime juice- mix together
- Add salt to taste
- Garnish with some cilantro