Guacamole

PREP TIME: 10-15 MIN | SERVINGS: 4

INGREDIENTS:
- 1/4 cup red or yellow onion, diced
- 1/2 to 1 jalapeno, minced
- 1/2 tomato, diced (optional)
- 2 Tbsp cilantro, finely chopped
- 2 medium ripe avocados
- 2 tsp lime juice (about half a lime)
- 1/4 tsp salt

DIRECTIONS:
- Wash all produce: avocados, tomatoes, cilantro and jalapeño.
- Mince jalapeño, dice tomatoes, and chop onion and cilantro.
- Cut the two avocados in half and remove the pits. Scoop out the flesh and place in a large bowl.
- Add lime juice and salt and mash with a fork until desired consistency is reached (chunky or smooth, you do you!).
- Stir in onion, jalapeño, cilantro and tomatoes. Mix well and enjoy!

RECIPE NOTES:
- Avocado: A ripe avocado will feel a bit soft and will give slightly when pressed.
- Jalapeno: For a milder flavor, be sure to de-seed the jalapeño before chopping.
- Storage: Store leftover guac in an air-tight container or in a bowl covered in plastic wrap in the fridge. It will likely have browned the next day; stir in more lime juice to revive.

RECIPE BY / ADAPTED FROM _______