

Easy Guacamole

Recipe from Tilth Alliance

Makes 4 servings

Ingredients

2 avocados
1/4 cup red onion
1 Roma tomato
1/4 cup cilantro
1/2 teaspoon salt
1 lemon or lime



Photo credit: California Avocado website

Instructions

Cut avocados in half and remove pits. With a spoon, scoop out the insides and place in a bowl. Mash the avocado with the back of a fork until broken apart, but still chunky.

Chop red onion, tomato, and cilantro into small pieces. Add the onions, tomatoes, cilantro, and salt to the bowl with avocado and mix.

Slice lemon or lime in half and squeeze the juice into the bowl and mix.

Taste and add more salt and lemon/lime as needed.