

Guacamole

1 ripe avocado

1/4 cup minced onion (preferably red but use what you have)

1/2 - 1 jalapeño (depending how spicy you want it), seeds and ribs removed, minced

1 clove garlic, finely minced or pressed

1 Tbsp. chopped fresh cilantro

1/3 cup seeded and diced tomatoes

juice of half a lime

salt and pepper

Cut the avocado in half and remove the pit (I like to whap my knife against it and then pull it right out). Scoop the avocado out and into a bowl. Mash it with a fork and then add the onion, jalapeño, and garlic and mash a little more (to your desired consistency). Stir in the tomatoes, lime, and salt and pepper to taste.