

Guacamole

INGREDIENTS (8 SERVINGS)

2 large, ripe avocados

Juice of 1 lime

½ small white onion, chopped

1 medium tomato, chopped

¼ cup fresh cilantro, chopped (optional)

1 jalapeño pepper, finely chopped (optional)

Salt and pepper

Peel avocados and discard seeds. Scoop out flesh into medium bowl and add lime juice to coat. Mash with a fork. Stir in remaining ingredients. Season with salt and pepper. Cover and chill for at least 30 minutes. Serve with tortilla chips.



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