

# Guacamole

2 ripe avocados

1 teaspoon lime juice

1/4 small red onion, minced very finely (If you don't have red onions, use white or sweet, but avoid yellow)

1/2 teaspoon salt

1. Cut avocados in half, remove pit, and spoon avocado into a mixing bowl.
2. Add lime juice (measure it!). Add salt.
3. Mash the ingredients together to desired consistency using a fork.
4. If you are going to keep leftovers for more than a few hours, bang the container on the counter a few times to remove all air bubbles, because air turns guacamole brown. You could also freeze it to retain its freshness and color. Thaw on counter top. Do Not microwave.

Serves 2