

Guacamole

3 avocados, peeled and pitted
juice of 1 lime
1 teaspoon salt
2 Roma tomatoes, diced
1/4 onion, diced
1 teaspoon minced garlic
3 tablespoons chopped cilantro
ground cayenne pepper, to taste (about a pinch)

In a medium bowl, mash the avocados, lime juice and salt together with a potato masher or a fork. Stir in the tomatoes, onion, garlic and cilantro. Season with red pepper to taste. Cover and refrigerate for 1 hour to allow the flavors to blend, or serve immediately.

Source: [AllRecipes](#)