

# Guacamole

## Ingredients

3 avocados – peeled, pitted, and mashed

1 lime, juiced

1 teaspoon salt

1/2 cup diced onion

3 tablespoons chopped fresh cilantro

2 roma (plum) tomatoes, diced

1 teaspoon minced garlic

1 pinch ground cayenne pepper (optional)

## Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

source:[allsimplyrecipes.com](http://allsimplyrecipes.com)