

Guacamole

Ingredients:

- Avocados
- Small onion, finely minced
- Lemon juice from a lemon (see notes below)
- Salt to taste (about 1 tsp. to 1 tbsp.)

Method:

- Cut open the avocados, remove the pit, scoop out the flesh and mash them up
- Add the lemon juice and mix well
- Add the minced onions
- Add salt to taste. Add 1 teaspoon at a time and taste after mixing well.
- Serve with tortilla chips

Things to think about:

1. Start with only one-half a lemon and juice from one-half a lemon
2. Since you are going to be eating the guacamole with salted tortilla chips, use them to determine the amount of salt added.
3. Other things you can add to the guacamole are hot sauce, tomatoes, salsa, and limes instead of lemons.