



guacamole;

- I. (gwa-kah-moh-lee) *noun*.
Mashed avocados mixed with tomatoes and onions and spices, perfect as a dip.
2. Produces 6-8 servings.
 3. Preparation 30 mins.
 4. Oven temperature set to --.

Ingredients;

2-3 ripe avocados
1 tomato
salt & pepper

2 Tbsp. lemon juice
1 small red onion
1 Tbsp. cumin

Instructions;

1. Cut each avocado in half and remove the pits. Slice into small squares and add to a bowl. Discard the skins.
2. Using a fork, mash the avocado, and add 1 Tbsp. lemon juice.
3. Dice tomato and red onion into small chunks, and mix together with the avocado.
4. Add in cumin, salt, and pepper to taste. Mix in the remaining lemon juice, reserving a little to sprinkle on top to help prevent browning.