**Guacamole**

**Description**

Made by mashing ripe avocado along with chopped onions, diced fresh tomatoes, chopped coriander or cilantro and lime juice. It could be used as dip, spread or with salad.

**Ingredients:**

1 Ripe avocado

1/3 cup chopped onion

1/3 cup diced fresh tomato

1 small chopped hot chlli pepper optional

1/3 cup chopped coriander or cilantro

1 garlic clove chopped

Juice from ½ lime

¼ teaspoon salt

¼ teaspoon ground black pepper

**Preparation**

Prep time 10 minutes

1. Peel and mash avocado in a large bowl
2. Add all the ingredients as per the ingredient list and mix well
3. Serve w naan, toast, roti, cut up vegetables as a side dish, top of salad

**Summary:**

Yield 1 cup, could be used for 2 meals or shared with other person. One regular size avocado has about 1 tablespoon of fat. Turns black quickly, make as much you need for that time. Turning black does not effect the nutritive value, just does look presentable.