

Easy Guacamole

Ingredients:

Avocado, ripe	1
Lime juice	1 Tablespoon
Fresh garlic, chopped	1 clove (or ½ teaspoon garlic powder)
Salt	¼ teaspoon
Fresh cilantro, chopped (optional)	1 Tablespoon

Directions:

1. Slice avocado lengthwise all around and twist to open. Scoop out both sides and put in bowl.
2. Add lime juice, garlic, salt (and cilantro, if using).
3. Mash with fork until combined.
4. Serve right away. To store, press the plastic wrap close to the surface of guacamole and put in the fridge for no longer than 3 days.



How can I tell if an avocado is ripe? Gently squeeze it with your fingers:

- If the avocado yields to firm, gentle pressure, it is ripe and ready to eat.
- If it doesn't yield to gentle pressure, it is "firm" and will be ripe in a couple of days.

Tip:

- Spread on crackers, use as a dip, or add to sandwiches or burgers

