Guacamole

Ingredients

- 1 1/2 tbsps coarsley chopped red onion
- 1 tbsp fresh lime juice
- 1/8 tsp salt
- 1 clove garlic (small)
- 1/2 jalapeno pepper, small
- 1 avocado, ripe
- 1 tbsp cilantro leaves, coarsely chopped (optional)

Summary

Yield: 4
Source: Priscilla Warnke adapted from Cooking Light
Prep Time: 15 minutes
Category: Appetizers

Instructions

Serves: 4 Rating: Awesome

Place first 5 ingredients in a food processor; pulse 5 times or until finely chopped. Add avocado; process until smooth. Sprinke with cilantro.

Tip: How to test for ripeness: Place your thumb on the bottom and your middle finger on top of the avocado. Squeeze gently, feeling for a slight give. If it feels mushy, keep looking.