

## Guacamole

<http://userealbutter.com/2008/03/07/guacamole-recipe/>

4 avocados, ripe  
1 tomato, deseeded and minced fine  
1 jalapeño, deseeded and minced fine  
1/8 sweet onion, minced fine  
1 clove garlic, peeled  
1 lemon, juice of  
salt to taste

Halve the avocados and remove the pits. Scoop out the flesh into a sturdy bowl. Mash the avocado to a consistency of your liking. Smash or mince the garlic clove and sprinkle the salt over the garlic. Turn the knife blade on its side and press the salt into the garlic forming a paste. Add the paste to the avocado. Cut the tomato along its equator and remove the seeds. Dice the tomato to a consistency of your preference. Add to the avocado. Deseed the jalapeño and mince the pepper. Add to avocado. Chop or mince the sweet onion and add to the avocado. Mix the ingredients together and then pour lemon juice to taste. Add more salt if needed. If not serving right away, wrap the guacamole in plastic wrap, pressing the wrap down to touch the surface of the dip so you minimize the amount of air between the two layers. Refrigerate.