

Guacamole

3 medium	avocados
1 firm	tomato, chopped
½	onion, white, chopped
½ cup	cilantro (optional), chopped
2 Tbsp	fresh lemon or lime juice
	salt (optional) and pepper

1. Cut avocados in half, remove seeds and scoop out the flesh.
2. Mash the avocado with a fork, should not be totally smooth.
3. Stir in remaining ingredients.