

# Guacamole

- 1 avocado
- a little chopped onion
- salt and pepper to taste
- a little chili powder
- 1 tablespoon extra virgin olive oil
- juice from 1/4 of a lemon

Cut the avocado in half and remove the seeds. Put the meat into a bowl, and mash with a fork. Stir in the other ingredients. Use plastic wrap to seal the guacamole from the air (air can oxidize it and turn it brown, which makes it look a lot less appetizing). Refrigerate for an hour.

Preparation time: 5 minutes (prepare an hour in advance)

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