# Matty’s Guacamole with Lime, Cilantro & Jalapeño

Prep: 15 minutes | Cook: No cooking | Makes: About 2 cups

Fresh homemade guacamole with ripe avocados, red onion, cilantro, lime, and a fully seeded jalapeño or serrano pepper for heat.

## Ingredients

• 3 ripe avocados, peeled and pitted

• ¼ cup red onion, finely diced

• 1 small tomato, seeded and diced, optional

• ¼ cup fresh cilantro, chopped

• 1 jalapeño or serrano pepper, finely diced, with the seeds and ribs intact

• Juice of 1-2 limes

• ½ teaspoon sea salt, plus more to taste

• ¼ teaspoon freshly ground black pepper, plus more to taste

• 1 garlic clove, minced, optional

• Pinch of ground cumin, optional

## Method

1. Prep the avocados. Cut the ripe avocados in half, remove the pits, and scoop the flesh into a medium bowl.

2. Mash to your preference. Use a fork or potato masher to mash the avocados. Leave it chunky or make it smooth, depending on how you like it.

3. Add the aromatics and lime. Stir in the fresh lime juice, sea salt, and black pepper right away to lock in the bright green color and flavor.

4. Fold in the mix-ins. Gently fold in the diced red onion, cilantro, jalapeño or serrano with all of its seeds and ribs, and the optional tomato. Fold in the optional garlic or cumin, if using.

5. Season and serve. Taste and add more sea salt, black pepper, or lime juice if needed.

## Kitchen notes

Keep every seed and all of the ribs inside the jalapeño or serrano when you dice it. That is where much of the pepper’s heat lives, and this guacamole is meant to keep that heat.

## Estimated nutrition

Per ¼ cup: Calories About 120; Protein About 2 g; Total fat About 11 g; Saturated fat About 1.5 g; Cholesterol 0 mg; Sodium About 200 mg; Total carbs About 8 g; Fiber About 5 g; Total sugars About 1 g; Added sugar 0 g.