**Chopped Fresh Salsa**

Ingredients

1/4 of a white onion, chopped

1/2 small jalapeno pepper, stemmed, seeded (optional), and finely chopped

1 clove of garlic, minced

1 large-red ripe round tomato or 2 roma tomatoes

2 Tbsp. chopped fresh cilantro leaves

1 Tbsp. lime juice or 1/2 a lime, juiced

Salt and pepper to taste

Directions

Chop onion, jalapeno, garlic, tomato, and cilantro, as directed, and place in a medium-sized bowl. Mix with a spoon until thoroughly combined. Add lime juice and mix to combine. Season with salt and pepper to taste.

**Guacamole**

Ingredients

2 avocados, seeded and mashed

1/2 Tbsp. chopped cilantro

1 Tbsp. chopped red onion

1-2 Tbsp. lime juice

Salt to taste

Olive oil to taste (optional)

Directions

Combine the avocados, cilantro, and red onion. Season with lime juice, salt, and oil to taste.