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**Pico de Gallo & Guacamole**

**Pico de Gallo**

**Ingredients: (Feel free to adjust quantities as desired)**

 Fresh Tomatoes – 1 large or 2 Roma

 Onion (yellow or red) – ¼ medium onion

 Jalapeno – ½ pepper

 Cilantro – 4 tbl

 Lime Juice – ½ tsp

**Instructions:**

1. Dice or chop the tomatoes, onion, jalapeno, and cilantro and combine
2. Add the lime juice
3. Mix all ingredients
4. Enjoy!!
* Use as a garnish, topping, mixed into items such as eggs, salad, guacamole, or even as a dip by itself

**Guacamole**

**Ingredients: (Feel free to adjust quantities as desired)**

 Avocado

 Pico de Gallo – 2 tbl

 Sea salt – 1 tsp

**Instructions:**

1. Remove the skin and pit from the avocado
2. Combine the avocado, pico, and sea salt – mashing or blending until desired chunkiness or smoothness is obtained
3. Enjoy!!