



# guacamole

## SERVINGS

4-6

## TIME

20 minutes total

## INGREDIENTS

- 2 firm, but ripe avocados (the black ones are ripe, the green ones are not)
- 1 lime
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 small red onion, diced
- 1 roma tomato, diced (or handful of cherry tomatoes, quartered)
- 2 tablespoons of cilantro, chopped

## DIRECTIONS

- If using, chop the onion, tomato, and cilantro.
- Slice the lime in half and juice it.
- Slice the avocados lengthwise around the pit. Once split open, scoop out the flesh with a large cereal spoon.
- Place avocado, lime, cumin, salt, and pepper in a bowl and mash with a fork to your desired consistency.
- Gently stir in onion, tomato and cilantro.

## EQUIPMENT

- Medium-sized bowl
- Juicer (optional)
- Measuring spoons
- Spatula and fork
- Small cutting board and knife

## TIPS TO INVOLVE THE KIDS

- Wash your hands! Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- If appropriate, help your child slice avocados and scoop out flesh.
- Have your child squeeze the juice out of the lime and measure the spices.
- Have your child mash the guacamole with a fork or masher to their desired consistency.

## EXTRA!

- Goes great with homemade tortillas! Top your taco!
- Also a great dip for sliced peppers.

