

LET'S COOK!

TRY FOR 5 GUACAMOLE

Makes 2 Servings

INGREDIENTS



1 avocado



1 roma tomato
or 1/4 cup petite diced
canned tomatoes, drained



3-4 green onions
also known as scallions



4-5 sprigs of cilantro



1/4 lime
or 1 1/2 teaspoons
lime juice



1/4 teaspoon salt

PREP



Be sure to ask an adult for help and permission before trying out this chef skill!



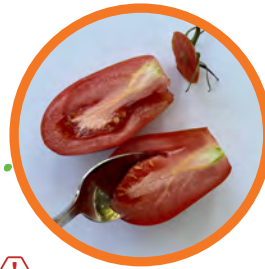
CUT & SCOOP

Slice in half.
Remove the pit and
scoop out the
insides with a spoon.



MASH

Mash with back
of fork until
it is still chunky,
not smooth.



CUT & SCOOP

Slice in half.
Remove the seeds
with a spoon.



DICE

Dice into
small pieces.



SNIP

Snip into small
pieces using a pair
of scissors. Or,
dice using a knife.



DE-STEM & TEAR

Remove leaves from
the stems and tear
into small pieces
using your fingers.



CUT & SQUEEZE

Cut lime into 4 pieces.
Squeeze 1/4 of the
lime right over the
ingredients.



MIX

Mix all of the prepped
ingredients together
and sprinkle in salt.



CREATE

Get creative and
shape and decorate
into fun food art.

TRY!

Dip baby carrots,
snap peas, jicama
sticks, tortilla chips
or any of your
favorite veggies
and enjoy!