

Gotta Try it Guac

Ingredients

YIELDS: 3 cups PREP TIME: 15 minutes

- 2 ripe avocados
- ½ medium onion
- 1 small tomato
- 2 tbsp. (60 mL) fresh cilantro
- Juice of 1-2 lime(s)
- ¼ tsp (1 mL) garlic powder



EQUIPMENT: 1 cutting board / fork / 3 knives / mixing bowl (medium) / set of measuring spoons/ small bowl for serving/ spoon

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Cut avocados in half and using a spoon, carefully remove the pit and scoop out green flesh.
- 3) In a mixing bowl, mash avocados with a fork.
- 4) Chop onion, tomato, and cilantro into small pieces and add to mashed avocado.
- 5) Add lime juice and garlic powder. Mix all ingredients together.

Chef's Tip



A ripe avocado should yield to firm, gentle pressure, but shouldn't feel overly soft or mushy.

Let's Get Cookin'!

