

# HOLY GUACAMOLE!

Easy Recipe

Originating from the country of Mexico, guacamole has become a worldwide popular dish! This creamy and flavourful dip is commonly served with tortilla chips or vegetable sticks. Not only is it packed with nutrition, it is quick to make and always a crowd pleaser!

**PREP TIME:**

15 minutes

**COOKING TIME:**

N/A

**AMOUNT RECIPE MAKES:**

6 servings

**SKILLS USED:**

Measuring, cutting, mashing, mixing/stirring

[Adapted from Muy Delish](#)

**Nutrition Nuggets:** Do you want to take this authentic recipe to the next level? Try making your own homemade corn tortilla chips to dip in the guacamole!

**Leftover Love:** If you happen to have leftover guacamole, you can seal it with plastic wrap to help prevent oxidation! Place the leftover guacamole in a bowl and use the back of a spoon to smooth the surface of the dip. Tear off a piece of plastic wrap and press it directly onto the surface of the guacamole. Cover it completely and push out the air bubbles - this prevents the dip from turning brown!

**Food for Thought:** Avocados are grown in countries with a warm climate like Mexico, the Dominican Republic, Peru, Chile, South Africa, Israel, Australia, and the United States.

## EQUIPMENT:

- Medium bowl
- Fork
- Knife
- Cutting board
- Measuring cups and spoons

## INGREDIENTS:

- 4 medium avocados
- 2 tablespoons lime juice
- 1 small onion, diced
- 1/2 cup cilantro, chopped finely
- 2 medium tomatoes, seeded and diced
- Salt and pepper, to taste
- 1 jalapeno, seeded and chopped finely  
(*optional*)
- Chips or veggies, for serving

## DIRECTIONS:

1. Cut avocado in half and remove the pit. Spoon the inside of the avocado and add it to a medium bowl.
2. Mash the avocado with the back of a fork.
3. Add the remaining ingredients and mix well.
4. Season with salt and pepper to taste.
5. Serve with your favourite chips or veggies!