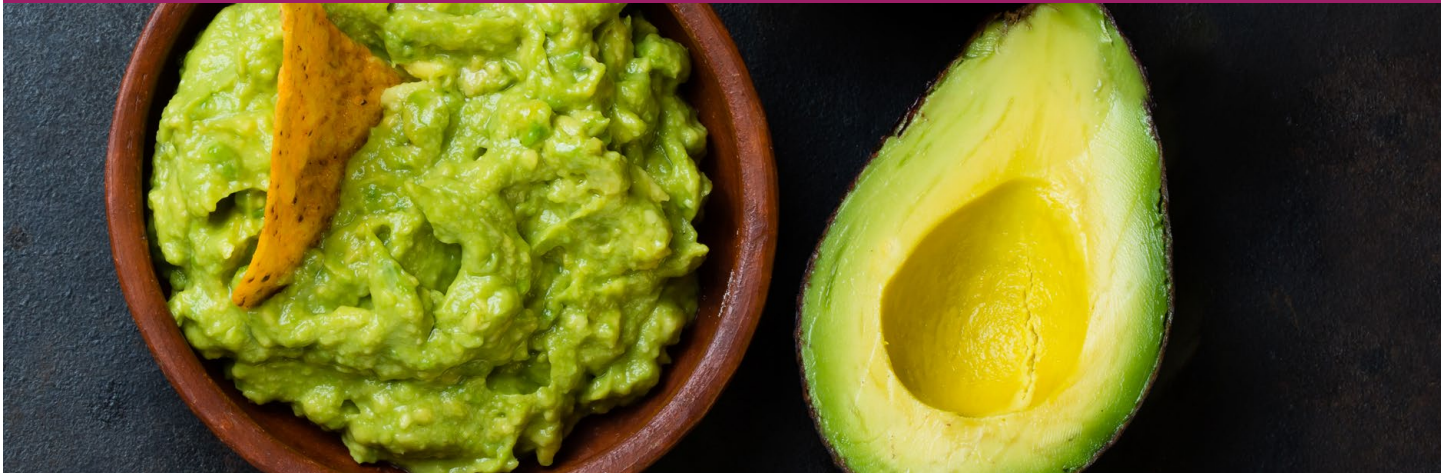




Guacamole



Set-up

- 2 bowls
- 6-8 spoons
- 2 forks
- 1 small plate of seasonings: 1 spoonful of salt, 2 teaspoons minced garlic, 2 halved limes or 1 halved lemon
- 2 avocados
- 1 paring knife*
- Optional: 1 small bowl each of chopped tomatoes and diced red onion
- 1 large bowl or basket of tortilla chips

**If preferred, you can have participants bring their avocados to an organizer to be cut open.*

Tip:

Build guacamole “kits”. Instead of putting all the utensils on the table, prepare each tables’ avocado, garlic and lemon beforehand and place them in containers on each of the tables. Just remember to keep the pit in the avocado - it keeps it from turning brown!

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Either direct participants to bring avocados to an organizer to be cut open, or demonstrate for adult guests how to properly cut open an avocado (lengthwise, around the pit). **Omit this step if you’ve put together guacamole kits.**
3. Show groups how to scoop out the avocado into the two bowls on their tables, discarding the pits and skins.
4. Demonstrate how to mash the avocado with forks.
5. Advise groups to add lime or lemon juice, salt and garlic carefully, stirring well and tasting until they have a mixture they like.
6. If using, instruct groups to add chopped onion and tomato to their guacamole as preferred.
7. Enjoy the guacamole as a dip for chips!

