



Name of the recipe: Guacamole

Author: Diana Caldwell

School: parent of USA visiting student

Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 6 avocados (paltas)
2. 3 small roma tomatoes
3. 4 green onions
4. 1-2 cloves of garlic
5. Small bunch of cilantro (1/4 to 1/2 Cup)
6. Hot sauce (Cholula is our favourite) to taste
7. 1 small lemon
8. Salt to taste

Preparation:

1. Smash the avocados until very little chunks remain.
2. Dice the tomatoes, slice the green onions using part of the stems, dice the garlic cloves very small.
3. Cut the cilantro into small pieces using scissors or knife.
4. Mix all ingredients and continue smashing all together.
5. Squeeze lemon juice from 1 lemon into the dip.
6. Add salt and hot sauce to taste.
7. Serve with white or yellow corn chips.

No cooking!!!