Make Creamy Guacamole

Here's a nutritious and delicious recipe that your child can snack on the next time she has a hankering for something to go with those chips. Guacamole is a popular avocado dip that originated in Mexico where it is often eaten in a warm tortilla. The next time you are planning a Mexican-inspired menu, let your child contribute with a batch of this guacamole, and guests will be sure to gobble it up.

What You Need:

- 3 ripe avocados
- 2 green onions, finely chopped
- 2 cloves garlic, minced
- ¼ cup cilantro, chopped
- ½ teaspoon Kosher salt
- Heaping ½ cup of your favorite chunky salsa
- 1 lime, juiced
- Dash cayenne pepper
- Hot sauce, optional

What You Do:

1. In a mixing bowl, mash the avocados well with a fork.
2. Add green onions, garlic, cilantro, salt, salsa and lime.
3. Sprinkle with a dash of cayenne pepper and stir well.
4. If your child enjoys spicy food, then add a few dashes of hot sauce. Keep in mind that you if you are using hot salsa, it may be spicy enough without adding hot sauce, so taste it first.

Enjoy! Dip tortilla chips into the guacamole, or for a twist, try it with pita chips. Also try jazzing up your favorite sandwich or wrap, or add a dollop to Chicken Tortilla Soup to make it a little more special.

Did you know?

- Another name for an avocado is Alligator Pear because of its pear-like shape and green skin.
- California produces about 90 percent of the country's avocados.
- Avocado comes from the Aztec word "ahuacatl."
- Avocado is a fruit.

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