



# Gotta Try it Guac

YIELDS: 750 mL (3 cups)

PREP TIME: 15 minutes

## Ingredients

- 2 ripe avocados
- $\frac{1}{2}$  medium onion
- 1 small tomato
- Juice of 1-2 lime(s)
- 30 mL (2 tbsp.) fresh cilantro
- 1 mL ( $\frac{1}{4}$  tsp) 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. Dice onion, tomato, and cilantro and add to mashed avocados.
5. Add lime juice and garlic powder to the bowl, mix all ingredients together.

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



Figure 1: Gotta Try it Guac

*Let's Get Cookin'!*

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