Healthy or Not Healthy?

Cross out the unhealthy foods. Color the healthy foods.

Name ____________________________
Recipe of the Month

Guacamole

Servings per Recipe: 8

Directions

1. Wash Hands.
2. Peel onion and garlic cloves. Rinse tomatoes and cilantro.
3. Pluck leaves from cilantro stems and tear into small pieces.
4. Mince onion and garlic. Dice tomatoes into 1/4-inch pieces.
5. Cut avocados in half. Remove pits and scoop out flesh and add to bowl.
6. Rinse lime, cut in half and squeeze into bowl with avocado. Mash well with a fork.
7. Add salt, onion, garlic, tomatoes and cilantro to bowl and mix.
8. Serve with tortilla chips or pretzels.

Ingredients

- 2 Avocados
- 2 Tomatoes
- 1/4 Red Onion
- 1 Medium Garlic Clove
- 1 Medium Lime
- 1/4t Salt
- 1/4 Cup Cilantro
- 1 Bag Tortilla Chips or 1 Bag of Pretzels

How did you like the recipe?
(circle one)