

Guacamole & baked tortilla chips

Snack



10/12 minutes prep/cook time



Gluten, Nut FREE & Vegetarian



The perfect after-school or weekend snack that kids can make on their own. Fresh, vibrant, and easy-to-make guacamole will soon become a favorite in your house alongside homemade tortilla chips. Hot from the oven, these chips are crisp, salty, and crunchy – better than anything you can find in the store.

Did you know?

Guacamole

"Ahuacatmolli" is an Aztec (Mexican) dish dating back hundreds of years. After the Spaniards arrived, the name transformed to "aguacatemolle" ("aguacate" – avocado, "molle" – mash) and eventually to guacamole as we know it today.

Cilantro

Also known as coriander or Chinese parsley. The entire plant is edible, but the leaves and the dried coriander seeds are the most popular. Some people refer to it as a "super herb" – it provides a good dose of vitamins A, K, C, potassium and manganese. Best of all, it works to cleanse the body of heavy metals!

The Tools

prep bowls
knife
cutting board
measuring spoons
rimmed baking sheet
kitchen shears
brush

The Ingredients

In your eat2explore bag:



red onion



lime



small plum
tomato



avocados



cilantro



corn tortillas

Not included in your eat2explore bag: olive oil, salt, chili powder (optional)

All ingredient amounts and weights are approximate. Our fresh produce and protein are locally grown and sourced.

Kids will use these skills: using kitchen shears, mincing, dicing, chopping, measuring, baking corn chips, mashing avocados





1. Bake corn tortilla chips

- Brush both sides of the **corn tortillas** with **olive oil**.
- Stack 3 **corn tortillas** and cut into 6 chip sized wedges using kitchen shears.
- Arrange the wedges in a single layer on a baking sheet. Sprinkle with 1/2 teaspoon **salt**.
- Bake until golden brown for 12 to 15 minutes.



2. Prep the ingredients

- Preheat oven to 350 degrees F.
- **Red onion** - Peel and mince.
- **Tomato** - Dice into small cubes.
- **Cilantro** - Pick the leaves off the stems; discard the stems; chop the cilantro leaves.
- **Lime** - Squeeze the juice.
- **Avocado** - Cut in half; twist & separate the avocado halves; scoop out the flesh and cut the avocado halves into small cubes



3. Assemble guacamole

- In a medium serving bowl, combine **diced onion**, **avocado cubes**, **diced tomato**, **chopped cilantro**, **lime juice**, 1 teaspoon of **salt**, and **freshly cracked black pepper**. Mash using a fork.
- Serve guacamole with baked tortilla chips.

