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MEXICO

Guacamole Dip

Ingredients:

2 ripe avocados
1 teaspoon salt
2 tablespoons minced onion
½ ripe tomato (seeds & pulp removed)
1 tablespoon fresh lime juice
2 tablespoons cilantro
bag of corn chips

Directions:

Cut avocado in half and remove seed. Scoop out the inside of the avocado and mash with a fork. Don't over mash, leave some chunks. Add salt, lime juice, onion, cilantro and mix well. Cut tomato into small pieces and add to guacamole just before serving. Serve with chips of your choice. *An avocado is also called an alligator pear. Half of the worlds avocados come from Mexico. The pits of an avocado are ground up and used to create biodegradable forks, knives, spoons and straws that break down and return to nature after 240 days. They do not end up in a landfill.*

Fresh Salsa

Ingredients:

6 plum tomatoes
1 small red onion
1 garlic cloves, minced
¼ cup fresh cilantro
3 tablespoons fresh lime juice
1 tablespoon olive oil
1 teaspoons salt
bag of corn chips

Optional: 1 minced jalapeno

Directions:

Finely chop tomatoes and put in bowl. Finely dice ½ red onion and add to the bowl. Remove stems from cilantro and chop into small pieces. Add to the bowl. Add the juice of limes, olive oil and salt. Mix well and refrigerate. Serve with chips of your choice. *Cilantro is the leaves and stems of the coriander plant. One jalapeno pepper has more Vitamin C than an orange.*