



**Touro College**  
*Project Aspire*  
*Nutrition Day@P.S.197*

*Sponsored by*  
The Palette Fund

**Natural Gourmet Institute®**  
**Healthy Whole Foods for Life-long Health**

## GUACAMOLE

*Serves 4*



### Ingredients:

- (2) ripe avocados, halved, pitted and peeled
- (1-2) tablespoons minced red onions
- (1) serrano or jalapeno chili, stem and seeds removed, minced
- (6) sprigs of cilantro leaves only, finely chopped
- juice of 1 lemon or lime
- (1) small ripe tomato, halved, seeded and finely diced
- salt and freshly ground pepper to taste*

### Directions:

1. Place the avocado halves in a mixing bowl. Using a fork, coarsely or finely mash them
2. Add the onion, cilantro, lime to taste, salt and pepper and mix well
3. Add the chili peppers to taste, diced tomato and mix again
4. Cover and refrigerate until ready to serve

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**Note: Be sure to wash your hands thoroughly with warm soapy water after handling hot chili pepper such as jalapeno. Also, do not touch your eyes or the area near your eyes with your hands**

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