

HOLY SQUAWKAMOLE GUACAMOLE

Want to make your own guacamole? Here's la gallinita roja's recipe.



..... INGREDIENTS

- 2 large ripe avocados
- 1–2 small red tomatoes, chopped (chop these items carefully or ask a grown-up for help)
- 1 small white onion, chopped
- chopped cilantro leaves
- ½ teaspoon salt (2.85 grams)
- (OPTIONAL) 1 jalapeño pepper, finely diced with seeds removed (wear gloves while preparing or wash your hands well after handling)

CHILI PEPPER OPTIONAL!

..... DIRECTIONS

1. Carefully cut the avocado lengthwise down the center around the seed (or ask a grown-up for help). Twist the two halves apart. One half will contain the large seed; remove it by sliding a spoon between the seed and the green fruit inside the skin. With the spoon, scoop the fruit out of the skin and into a bowl. Cut, seed, and scoop the other avocado too.
2. Use a fork to mash the avocado fruit in the bowl. Don't mash too much—it's okay if it's chunky!
3. Add the tomato, onion, and cilantro to taste (that means add however much *you* like!), plus the salt and (OPTIONAL) jalapeño pepper.
4. Mix it all up with the fork.

HOLY SQUAWKAMOLE! YOU JUST MADE YOUR OWN GUACAMOLE!

..... HELPFUL HINTS

- To tell if an avocado is ripe, give it a gentle squeeze—if it's firm but just a little soft, it's ready. Too hard means it's not ripe yet; too squishy means it's overripe.
- Avocado out of its peel turns brown the longer it's exposed to air. Adding a ½ tablespoon of lemon or lime juice to your guacamole will help it stay beautifully green. When storing leftover guacamole, press plastic wrap to the surface of the guacamole to keep air out.
- Add your own special ingredients—traditional Mexican flavors like cumin, garlic, or some salsa, or get creative with fruit, veggies, and other spices.
- Tuck your guacamole into a taco, scoop it with tortilla chips, roll it into a burrito, or even slurp it straight. After all, nothing beats a tasty guacamole!

Little Red Hen and her friends enjoy guacamole in this made-up story, but in real life, animals shouldn't eat avocados, so please don't feed them to your pets. That means more guacamole for you!