



DESCRIPTION

U Cook Across the U.S.! Join host Carrie Shankweiler as she shows you how to prepare authentic California Guacamole! This recipe idea was sent in by an Activity TV viewer just like you!

MATERIALS

- 2 ripe avocados
- 1/2 cup fresh cilantro
- 1/2 cup white onion, minced
- 2 tsp. lime juice
- Zest of 1 lime
- 1 1/2 tsp. kosher salt
- Tortilla chips or carrots

TOOLS

- Cutting board
- Knife
- Spoon
- Mixing bowls
- Microplane zester
- Masher
- Plates

DIRECTIONS

1. Start by slicing your avocados. Take your knife and slice into the middle of your first avocado, holding the knife with the flat end facing the ceiling in one hand and making a wall with your fingers while holding the avocado with your other hand. Continue slicing around the avocado and give it a twist to open it.
2. Take the half of the avocado without the pit and scoop it out of the skin using a spoon. Place it into a mixing bowl.
3. Take your spoon and scoop the pit out of the other half. Repeat step 2 to scoop the avocado out and into the bowl.
4. Repeat steps 1-3 with your second avocado.
5. Add your minced onions, garlic, salt, lime juice, and cilantro to the bowl with your avocado.
6. Take your zester and hold it over the bowl. Rub your lime back and forth against the zester to get the zest. Rub it until you see white on all sides of the fruit.
7. Tap the zester over the bowl to get any remaining zest into the bowl.
8. Mash all of your ingredients together in the bowl with a masher until everything is blended. If you want your guacamole to be smooth and without chunks, you can use a blender.
9. Serve your guacamole on a plate with tortilla chips and or carrots!

Did you know there's a free web video for this activity with step-by-step instructions?
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