



# GUACAMOLE SCOOPS

*September 16*

National Guacamole Day



## INGREDIENTS

- 2 Pounds Avocados
- ½ Red Onion (finely chopped)
- 4 Tablespoons Cilantro (chopped)
- 1 Tablespoon Lemon or Lime Juice
- ¼ Teaspoon Salt
- 3 Ounces Scoop-Shaped Tortilla Chips (enriched or whole grain rich)
- ¾ Cup Chopped Cherry Tomatoes

## DIRECTIONS

1. Cut open your avocados, and remove the pits. Put it in a bowl and mash until smooth.
2. Add the lime juice, cilantro, onion, and salt and stir to combine.
3. Fill each tortilla scoop with 2 teaspoons of guacamole.
4. Place ½ teaspoon of chopped cherry tomatoes on top of each scoop.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Snack

## YIELD

66 Scoops

## PORTION SIZES

Toddler	Preschool	School Age	Adult
11 Scoops	11 Scoops	33 Scoops	22 Scoops