

Sea Green Guacamole

Serves 10 as a canapé



Nutritional information per 133g portion :

calories	fat	saturates	sugars	salt
200 cal	20.1g	4.6	1.6g	0,3g
10%	20%	23%	2%	5%

Guacamole always goes well with tortilla crisps – especially home made ones. The creamy tasting avocados in this dish make it satisfyingly yummy. The tang of the tomatillo helps cut the rich taste of the avocados. This dish is a great example of synergistic eating, the lime juice helps us absorb the iron from the spinach.

Equipment

- Apron
- Scale
- Measuring Cups
- Measuring Spoons
- Bowl
- Food Processor or hand blender
- Sharp Knives
- Cutting Board
- Onion Chopper
- Serving bowl or dish

Ingredients

- 2 oz. (2 packed cups) baby spinach
- 1 Tbs. extra-virgin olive oil
- 8 Sundried Tomatoes or tomatillos
- 2 coarsely chopped medium Hass avocados
- 1 small tomato, chopped
- 1/2 cup finely chopped white onion
- 1/4 cup coarsely chopped coriander
- 1 Tbs. fresh lime juice; more to taste
- Kosher salt

Nutrients

Avocados – although seen as fatty, it has all the good fats! Avocados are a powerhouse of good nutrients that help keep our bodies healthy and working well.

Spinach – a good source of iron which helps carry oxygen around our cells. The Vitamin C in the lime juice helps us absorb all the lovely iron from the spinach.





Tomatillos increase the health of our digestive system and boosts our immune system.

Tomatoes are packed with great anti-oxidants.

Method

- In a food processor, pulse the spinach, oil, and tomatillos to a coarse purée.
- Pour off any liquid, and then transfer the mixture to a medium bowl.
- Stir in the avocados, tomato, onion, coriander, lime juice, and 1-1/2 tsp. salt.
- Season to taste with more lime juice and salt. Serve immediately with home baked tortilla chips

NUTRITIONAL INFO

Carbohydrates - Gives us energy	Protein - Builds our bodies	Fats - Keeps our bodies working well	Fibre - Sweeps our tummies
			

Always ask an adult to help you when you are using kitchen equipment like a food processor.

Why not try making this guacamole with a different type of herb – perhaps try basil ; thyme ; rosemary – and discover how all these different herbs taste.

Skills learnt today: You have measured ; weighed ; chopped, blended ; mixed and stirred.

