



Pico De Gallo and Guacamole Recipe

Equipment:

Cutting Board
Chef Knife
Cutting Board Grip (optional)
Mixing bowls
Spoon to stir

Hygiene:

Working Sink (with hot/cold water)
Hand Soap

Clothing:

Closed Toed Shoes Preferred
Apron

Ingredients:

3 Roma Tomatoes
2 Jalapenos
1 Half white onion
1 Bunch Cilantro
1 Lime
3 Avocados
Salt

1. Wash all vegetables under cold running water.
2. Peel the half Onion, and cut into a small dice, about $\frac{1}{4}$ inch x $\frac{1}{4}$ inch, avoiding the dark root section.
3. Small dice the Roma tomatoes ($\frac{1}{4}$ inch x $\frac{1}{4}$ inch), cutting out the stem section. Add to your White Onion.
4. Dice Jalapenos by cutting off the top section where the pepper meets that plant. Once you've removed the stem, cut the Jalapeno in half and scoop out the seeds and white pith that connects the seeds to the pepper. Then cut the pepper into a small dice ($\frac{1}{4}$ inch x $\frac{1}{4}$ inch) and add to your bowl with the other vegetables.
5. Remove the stems from your Cilantro. Mince Cilantro (cut into very small pieces) and add to the bowl.
6. Juice your Lime into a separate bowl, removing seeds before adding to the cut vegetables and Cilantro. Mix thoroughly, salt to taste.

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7. Split evenly between two bowls, reserving one for serving with your tacos.
8. Cut open avocados and remove pit. Use a spoon to scoop the avocado out of each half before adding to one half of the Pico De Gallo.
9. Mash with a fork, potato masher, or serving spoon. Salt to taste and enjoy!

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