



Aztec Guacamole

The Aztecs lived in the area we now call Mexico from around 1300 to 1500. They ate many foods still eaten today, like tortillas and tamales. They even made a sauce called *ahuaca-mulli* ("avocado mixture") by mashing together ingredients that are used to make guacamole today: avocado, tomato and onions. Follow the directions to make your own fresh guacamole!

INGREDIENTS

5 avocados

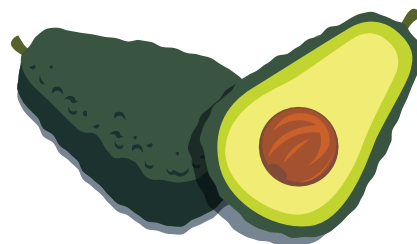
Tomato

Juice from 1 large lime

¼ red onion

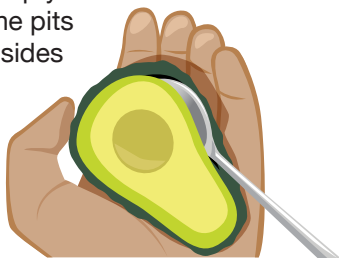
¼ cup fresh cilantro

Garlic salt, to taste



INSTRUCTIONS

- 1 Ask an adult to help you cut the avocados in half. Discard the pits and scoop the insides into a bowl.



- 2 Mash the avocado with a fork.



- 3 Ask an adult to help you dice the tomato and onion, and finely chop the cilantro.



- 4 Add the lime juice, tomato, onion and cilantro to the bowl and mix it all together.



- 5 Add garlic salt, to taste.



- 6 Serve with tortilla chips and enjoy!

