

Cactus Guacamole Recipe



Yield: 4 cups

Ingredients

4 avocados, peeled and seeded

1/2 small cactus pad, or about 1 cup, spikes removed and finely diced

1/2 small red onion, finely diced

Juice from half to one lime

1/4 teaspoon freshly ground black pepper

1/4 teaspoon ground cumin

1-2 teaspoons hot sauce

1 clove garlic, finely minced

2-3 Tablespoons cilantro, chopped

Instructions for Adults

Assist with supervision of safe knife handling.

Instructions for Kids

- Peel avocados or scoop flesh from skin with a spoon and place flesh in a large bowl. Using a fork, lightly mash the avocado, leaving some small chunks intact.
- Measure and add the chopped cactus and onion. Squeeze the juice from the cut lime into the bowl. Add the black pepper, cumin, hot sauce and garlic. Tear the cilantro into small bits with your hands. Add to the bowl.
- Gently stir the ingredients just long enough to combine, making sure to keep some small chunks of avocado intact.
- Serve with fresh veggies as a snack, or as a topping for tacos, burritos or sandwiches.

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