SHOPPING LIST

Groovy Guacamole & Chips

- ◯ Avocados
- ◯ Tomato
- ◯ Cilantro
- ◯ Red Onion
- ◯ Lime
- ◯ Cayenne Pepper
- ◯ Kosher Salt
- ◯ Pita Bread
- ◯ Olive Oil
- ◯ Sesame Seeds

First, check off the items you already have at home.

CUT

Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Groovy Guacamole & Chips

VEGETARIAN	TIME	DIFFICULTY	SERVES
V	L	M	4
YES	Under 1 Hour	Medium	

CUT

YOU WILL NEED

Guacamole

- **2** ripe avocados, coarsely chopped
- **½ cup** chopped fresh tomato
- **¼ cup** chopped fresh cilantro
- **2 tablespoons** chopped red onion
- **1 tablespoon** fresh lime juice
- **Pinch** cayenne pepper
- **Pinch** kosher salt

Baked Pita Chips

- **1 (7 ounce) bag** pita breads, each piece cut into 8 wedges
- **2 tablespoons** extra-virgin olive oil
- **½ teaspoon** kosher salt
- **2 teaspoons** sesame seeds (optional)

CUT

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

To store, press a piece of plastic wrap directly against the surface of the guacamole, then wrap with plastic wrap.

STEP 1: Using a fork, coarsely mash all the ingredients together in a medium bowl. Transfer to a serving bowl, and serve with baked pita chips.

STEP 2: With the oven rack in the middle position, preheat the oven to 300 degrees. Lightly brush both sides of the pita wedges with the olive oil and sprinkle with the salt (and sesame seeds, if using). Place on a baking sheet and transfer to the oven. Bake until golden brown, about 15 minutes, flipping halfway through cooking. Set aside to cool.

STEP 3: Serve with guacamole.

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Nutrition Facts

Serving Size 1/4 cup (66g)
Servings Per Container 4

Amount Per Serving		
Calories 80	Calories from Fat 70	
		% Daily Value*
Total Fat 7g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 5g		2%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 1g		
Vitamin A 4% • Vitamin C 10%		
Calcium 0% • Iron 2%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4