

CELERY-SPIKED GUAC

March 23

National Chip and Dip Day



INGREDIENTS

- 4 Cups Chopped Avocados
- 1 Celery Stalk (finely chopped)
- 2 Garlic Cloves (minced)
- 3 Tablespoons Lime or Lemon Juice
- ¼ Cup Red Onion (chopped)
- ½ Cup Fresh Cilantro (chopped)
- 4 Ounces Tortilla Chips (enriched or whole grain)

DIRECTIONS

1. Mash together avocado, celery, garlic, juice and half of the onion and cilantro.
2. Garnish the guacamole with the rest of the onion and cilantro.
3. Serve with chips.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

8 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ½ Cup Guacamole	½ Ounce Chips + ½ Cup Guacamole	1 Ounce Chips + ¾ Cup Guacamole	1 Ounce Chips + ½ Cup Guacamole