**Homemade Guacamole**

***Serves: 18-20***

6 ripe avocado(s), peel and pit removed

1/4 red onion, finely diced

2 cloves garlic, finely minced

1 tomato, seeded and finely diced

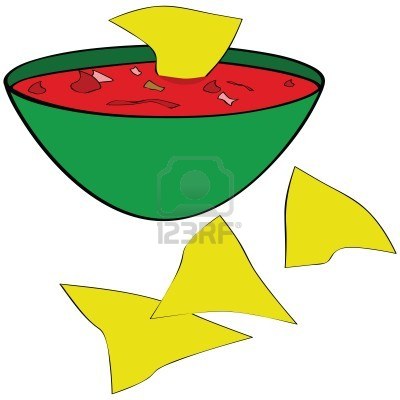
30 mL chopped fresh cilantro (optional)

Juice of 1 lime

2.5 mL salt

1. Scrape avocado flesh from peel and place in a bowl. Mash with the back of a fork.
2. Add in remaining ingredients and stir until evenly mixed.

**Homemade Baked Tortilla Chips**

***[](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=v3RxFSwBRral1M&tbnid=izI4ym4EoFN8rM:&ved=0CAUQjRw&url=http://www.123rf.com/clipart-vector/tortilla.html&ei=NzRLUtzjHdLOyAHB6IH4DQ&bvm=bv.53371865,d.aWc&psig=AFQjCNEmdPhz9Qt9pHk63mRD-WJaFVqwAg&ust=1380746455858914)Serves: 18-20***

9-10 Corn Tortillas

PAM Spray

2 teaspoon ground cumin

2 teaspoon chilli powder

1 teaspoon salt

1. Preheat oven to 350°F.
2. Spray tortillas with margarine spray (PAM). Do this **before** cutting them.
3. Cut each tortilla into small triangular wedges. Combine the cumin, chilli powder and salt in a small bowl and sprinkle onto the wedges.
4. Arrange in a single layer on a parchment lined baking tray.

5. Bake for about 4-5 minutes. Rotate the tray and bake for another 4-5 minutes or until the wedges are crisp, but not too brown. Serve warm or at room temperature with salsas, dips or guacamole.