



Week 3: 7 Layer Dip

INGREDIENTS

Guacamole

- 2 slightly firm, but ripe avocados
- 1 lime
- 1/2 teaspoon cumin
- large pinch of salt
- cilantro (optional)

7 Layer Dip

- 1 can refried beans
- 1 batch guacamole
- 1 cup sour cream (or cashew cream)
- 2 teaspoons sweet paprika
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 cup frozen corn, thawed
- 4 oz cheddar cheese (block form)
OR iceberg lettuce
- 1 cup cherry tomatoes
- 4 green onions

EQUIPMENT

- Medium-sized bowl (2) + small bowl
- Juicer (optional)
- Liquid and dry measuring cups and measuring spoons
- Spatula
- Cheese grater
- Cutting board and safe knife
- Cereal spoon (2) + fork
- Kitchen scissors
- Can opener
- Plate or rimmed baking dish

DIRECTIONS

Guacamole

- Slice the lime in half and squeeze juice into a medium sized bowl.
- Slice the avocados lengthwise around the pit. Once split open, scoop out the flesh with a large cereal spoon.
- Place avocado, lime, cumin, and salt into the bowl with the lime juice and mash with a fork to your desired consistency.
- Snip pieces of cilantro leaves using kitchen scissors. Gently stir into the avocado mixture.

7 Layer Dip

1. Open the can of beans and use a spatula to spread them onto the plate or rimmed baking dish.
2. Spread the guacamole on top of the beans.
3. In a small bowl, add the sour cream or cashew cream. Add paprika, chili powder, oregano, cumin and salt. Use a whisk or spatula to combine. Then, spread the cream mixture on top of the guacamole with the spatula.
4. Sprinkle the corn on top of the sour cream.
5. Use a grater to grate the cheese or knife to chop the iceberg lettuce. Sprinkle on top of the corn.
6. Sprinkle the cherry tomatoes on top. If you have a safe, serrated knife, you can cut the tomatoes in half first.
7. Use kitchen scissors to snip the green onions into small pieces. Sprinkle on top.

EXTRA!

- Make individual cups by using 8 plastic tumblers or ramekins. Place one chip on the top as a decoration.
- Swap out ingredients for something you prefer: add olives, salsa, or ground meat.

