







## Make Meals Landfill Free

# Going Green Guac

Prep Time: 10 minutes Total Time: 15 minutes Yield: 2 servings (Having a party? Double or triple - for more!)

## The Goods

-  1 1/2 tablespoons white onion, *chopped*
-  1 1/4 teaspoons jalapeño, *seeded and chopped*  
(Feeling extra spicy? Add extras, seeds included.)
-  1/2 teaspoon coarse sea salt
-  1 tablespoon + 2 teaspoons fresh cilantro, *chopped*
-  1 ripe avocado, *pitted, peeled and coarsely chopped*
-  3 tablespoons tomato, *seeded and chopped*

## The Make-It-Landfill-Free Steps



**1** While prepping ingredients, toss scraps into the sink.



**2** With a mortar and pestle, mash onion, jalapeño, salt and a tablespoon of cilantro until smooth and juicy.



**3** Add avocado, and mash slightly.  
(Avocado should remain somewhat chunky.)



**4** Stir in tomato and remaining chopped cilantro.



**5** **Worried about using your InSinkErator to grind your avocado scraps?**

Have no fear! InSinkErator disposals can handle avocado skin and even the pit!

**Grind those scraps!**

- Turn on the cold water. Then start your InSinkErator disposal.
- Push the avocado pit in the disposal. Then gradually feed in the rest of the food scraps.
- Once you hear the disposal change sound, turn off your InSinkErator disposal and let the faucet run for a few seconds before turning off.

## Enjoy!



**Serve immediately or tightly cover and refrigerate. Pat on the back for reducing landfill waste.**

## The Above and Beyond

**Extend the shelf life of your avocado!**

Avocados will ripen more quickly on the counter. Once they yield to gentle pressure, they're ready to eat. If you need them for a bit longer, they'll keep for about three more days in the fridge.