



Kitchen Skills with Fruits and Veggies:

How to Halve and Pit an Avocado:

*Avocados are perfect food providing healthy fats (once you get rid of the pit and skin).

Instructions:

1. Put the avocado on its side on a cutting board and use a large, sharp knife to carefully cut around the avocado, end to end, slicing all the way to the pit. **(Adult supervision required)**
2. Twist the halves to separate them.
3. Cut the half with the pit in half again, then remove the pit.
4. Use a spoon to separate the avocado from its peel and enjoy!



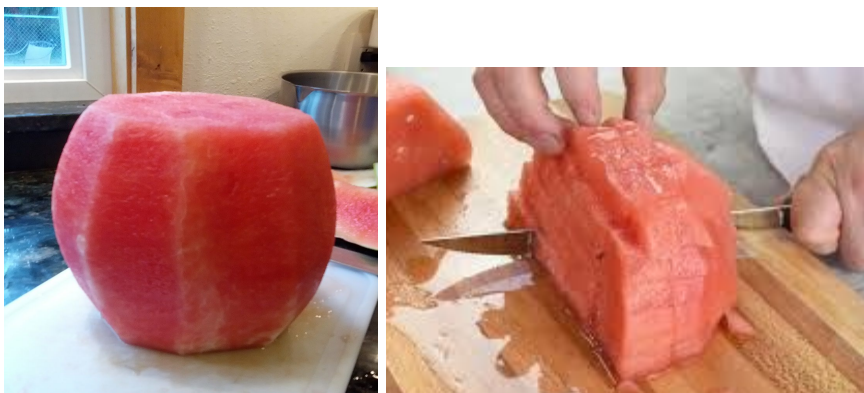


How to Cut up a Watermelon:

*Watermelons are so sweet and delicious, but their tough rinds can make them hard to deal with. Here's how we do it. (Adult supervision required)

Instructions:

1. Put the watermelon on its side on a cutting board and use a large, sharp knife to carefully slice off about $\frac{3}{4}$ inch from its top and bottom.
2. Turn the melon upright, onto one of its cut surfaces. Use the knife to cut the rind off in skinny strips, starting at the top, and cutting down to the bottom, following the curve as well as you can. When all the rind is cut off, trim away any green or white that's left on the melon.
3. Cut the melon in half, top to bottom. If there are seeds, use a large spoon to scrape them out.
- 4.
5. Lay the melon halves cut-side down and cube them by cutting first in one direction and then the other, in a grid pattern.
6. Enjoy eating your melon, or using it in a recipe!





How to Cut a Pineapple:

1. Use a large chef's knife to cut off the top of the pineapple.
2. Cut off the other end of the pineapple.
3. Remove the skin of the pineapple by slicing it off, following the shape of the pineapple.
4. Slice the pineapple in half lengthwise.
5. Lay down each pineapple half on the flat cut side, and cut in half lengthwise again.
6. Remove the core by cutting it out at an angle.
7. Slice each quarter in half lengthwise. Then turn it and slice in the other direction to create pineapple chunks. And there you have it, enjoy!

Step 1: Remove top and bottom.



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Step 2: Cut in half.



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Step 3: Cut each half in half.



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Step 4: Remove the core.



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Step 5: Cut each quarter in half.



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Step 6: Cut away the skin.



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Step 7: Cut each spear into chunks.



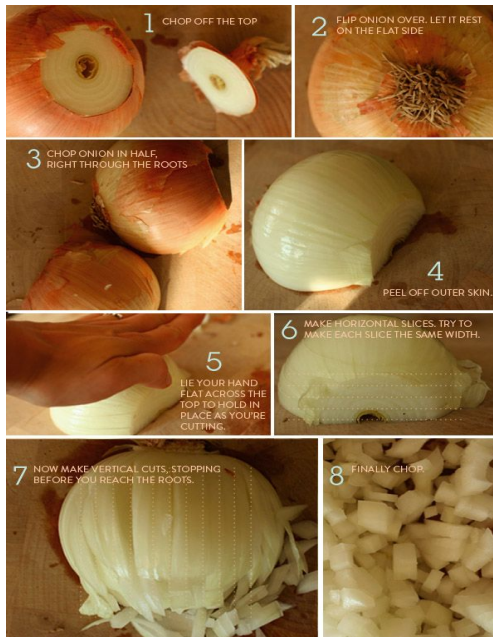
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How to Cut an Onion :

1. Trim the ends- Trim off both ends of the onion, leaving the root still intact. Using a sharp knife will cause damage to the cell walls of the onion and fewer irritants will be released.
2. Cut in half and peel- With the root end facing up, cut the onion in half through the root. Peel off skin from both halves and discard the skin.
3. Make your cuts- Lay one half cut side down with the non-root end facing you. Make cuts vertically through the onion, being careful not to cut through the root. Turn your onion so that the root end is now on the left, and the non-root end is on the right (assuming you're right-handed- if you're left-handed this will be reversed). With your knife parallel to the onion, make 3 cuts horizontally through the onion, one toward the bottom, then one in the middle, and the last one toward the top, still being careful not to cut through the root.
4. Chop- Now chop your onion with cuts perpendicular to your first vertical cuts. You should have perfect square pieces of onions- Now get cooking!

Tips to avoid tears- (1) Chill onion for about 15-30 minutes before cutting; this will cause less evaporation of gas, (2) Use a sharp knife- this will rupture fewer onion cells lessening the amount of gas released into the air.





How to Cut a Tomato:

*Using a serrated knife is best for cutting through the tomato skin. You may notice that using a paring knife can sometimes tear and mangle the skin when cutting.

1. **To slice a tomato:** Place the tomato on its side. Using a large serrated knife, slice off the top of the tomato. Then cut the tomato into thin slices.
2. **To cut tomato wedges:** Cut the tomato in half. Then cut it again to make quarters. You can cut smaller wedges by cutting the quarters down the center.
3. **To dice a tomato (seeds in):** Start with the tomato slices from step 1. Cut them into thin strips, then turn the strips and cut them crosswise into a dice.
4. **To dice a tomato (core and seeds out):** Start with the tomato wedges from step 2 (quarters are easiest). Cut out the core and seeds from each wedge by sliding underneath them with the knife. Cut the remaining tomato flesh into strips, then turn the strips and cut crosswise into a dice.

And there you have it- How to cut a tomato in 4 easy ways!

