

Mexican dip with avocado and chili

Serves 6-8.

10 minutes preparation

6 serves of vegies in this recipe

Ingredients

2 ripe avocados, peeled and stones removed

1 ripe tomato, finely chopped

1 clove garlic, crushed

Juice of ½ lemon

¼ red onion, finely chopped

1 tablespoon coriander or parsley, chopped

Freshly ground or cracked black pepper, to taste

Chilli sauce or Tabasco sauce, to taste

Method/Preparation

Mash avocado and combine with tomato, garlic, lemon juice, onion and coriander. Season with pepper and enough chilli sauce to give a gentle 'kick'. Delicious with some grainy crackers, vegetable sticks or toasted pita bread.

Nutrition information per serve (is this based on 6 or 8 serves?): Energy 230kJ, protein 0.79g, fat 5.21g, saturated fat 1.12g, carbohydrates 9.5g, sodium 2.79mg

Source: <http://www.gofor2and5.com.au/Recipes/Snacks/Guacamole/tabid/184/Default.aspx>