

Ingredients

1 large ripe avocado, peeled and pitted

1/4 cup packed fresh cilantro

¼ cup water

2 tablespoons lemon juice

½ teaspoon salt

½ teaspoon garlic clove

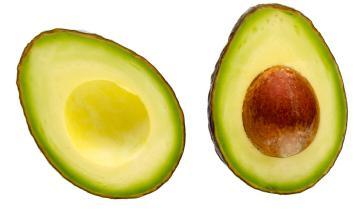
Zesty Avocado Dip

Instructions

- 1. In a blender or small food processor, add all of the ingredients and puree until it is smooth. Add more water or lemon juice if you prefer it thinner.
- 2. Serve it as a dip with vegetables or use 2 tablespoons of dressing on a hearty salad.

Calories: 29 | Total Fat: 2.6 g | Saturated Fat: 0.4 g | Monounsaturated Fat: 1.6 g | Polyunsaturated Fat: 0.3 g

Sodium: 147 mg | Total Carbohydrate: 1.8 g | Dietary Fiber: 1.1 g | Sugars: 0.1 g | Protein: 0.3 g





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Source: Adapted from Kary Osmond

Nutrition Information Serving Size: 2 tablespoons