



Photo by Kajokkenutstyr Net

## Ingredients

- 3 ripe avocados, mashed
- Juice of one small lemon
- 3 garlic cloves, pressed
- ½ cup (125 mL) chopped tomatoes
- 2 tbsp (30 mL) finely minced green onion
- 2 tbsp (30 mL) sour cream (optional)

## Instructions

1. Mix avocados with lemon juice and add garlic. Mix thoroughly.
2. Add chopped tomatoes and green onion.
3. Stir in sour cream (optional).

Serve as a condiment to fajitas or bean tortillas, with nachos, or as a layer in the [Seven-Layer Mexican Party Dip](#).

For a quick version, use ½ cup (125 mL) salsa in place of tomatoes and minced onion.

Makes 4 servings.