



Photo by Kjekkenutstyr 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.