

Appetizer

Avocado Dip

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Taste of Home Light & Tasty - April/May 2007

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

2 medium ripe avocados, peeled and pitted

1 package (8 oz) fat-free cream cheese

1/3 cup plain yogurt

1/3 cup picante sauce

1 tablespoon lime juice

1/2 teaspoon salt

1/4 teaspoon garlic powder

Baked tortilla chips or scoops

In a small bowl, mash the avocados and cream cheese until smooth.

Stir in the yogurt, picante sauce, lime juice, salt and garlic powder. Mix thoroughly.

Serve with chips.

Refrigerate leftovers.

Yield: 2 1/2 cups

Per Serving (excluding unknown items): 108 Calories; 3g Fat (26.3% calories from fat); 8g Protein; 12g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 1883mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.