

## Avocado Dip



**Totals are for ¼ of recipe:**

Calories 180   Fat 15g   Fiber .25g                      Carbs 12.5g

***What you'll need:***

- 2 Ripe avocados
- ½ Cup fat free mayonnaise
- ½ Cup onion chopped
- 1 Ripe medium sized tomato chopped

Lawry's Seasoned salt

Garlic salt

- 2 Bowls, one for mixing and one for serving

***Let's get to cooking!***

1. Peel avocados, chop and place in a bowl.
2. Using a fork smash the avocados thoroughly.
3. Add mayonnaise, onion and tomato and stir.
4. Season with Lawry's and garlic salt to taste and transfer to serving bowl.
5. Chill for one hour – if possible.
6. Serve with reduced fat tortilla chips or my Whole Wheat chips – see recipe.

**NOTE:** It's rare when I have any of this leftover from a party – but if you do this recipe is wonderful when used to make a guacamole salad!

Living in California, the land of avocados, inspired this **Kitty's Lighter Weigh** recipe