



STRONG Heart Program Recipe-of-the-Month

Avocado-Yogurt Dip with Cumin

Recipe featured in *Cooking Light* November 2006
Ingredients compliments of Lori's Natural Food Store

Ingredients:

¾ cup plain fat-free yogurt
½ cup finely chopped red onion
3 tablespoons chopped fresh cilantro
1 tablespoon finely chopped seeded jalapeno pepper
2 tablespoons fresh lime juice
1 tablespoon ground cumin
3 ripe avocados, seeded and coarsely chopped
1 garlic clove, minced

Directions:

1. Place all the ingredients in a food processor or blender, and process until smooth.

Servings: 16 **Serving Size:** 2 tablespoons

Nutrition Information: 70 calories, 6g fat, 1g sat. fat, 10mg sodium, 0mg cholesterol, 5g carbohydrate, 2g fiber, 1g protein