

## **Avocado Dressing or Dip**

Courtesy of Carole's Creations

Prep Time: 35 minutes

Standing Time: at least 1 hour

Serves: 2 cups

**CChints:** If you have a lime that is a little hard and just won't juice easily, here's a trick. Pop it into the microwave, cut side up, for about 10 seconds and try to squeeze it again.

This recipe calls for white pepper because if you won't put black flecks in the dressing. The Haas avocado is ripe when the outer skin nearly turns black and when you give it a gentle squeeze it should give easily. As you gently squeeze several in the store, you'll find one that is ripe. If you are making this recipe in a day or two, select one that is slightly hard and it will ripen on your counter. The dressing can be made 1-2 hours ahead of time.



1 ripe Haas avocado

1/2 cup reduced fat sour cream

2-1/2 tablespoons fresh lime juice – about 2 limes

1 teaspoon minced fresh garlic or from a jar

1/4 teaspoon salt

1/8 teaspoon cayenne pepper

1/2 cup buttermilk

3 tablespoons minced yellow onion

2 teaspoons extra virgin olive oil

2 teaspoon chopped fresh dill

1/2 cup grated Parmesan cheese

For Dip: Your favorite chips or crackers for dipping

To make the dressing, locate your small food processor or blender. To cut the avocado, run a sharp knife lengthwise around the fruit. Gently twist the two halves and pull it apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Give it a gentle twist and the seed will pop out. Gently make 5 – 6 cuts into the flesh going horizontally and turn it vertically and make 5 more. Use a spoon to scoop out pre-cut pieces into the processor.

Add all the ingredients, in no particular order and blend on high for just a minute. Use a rubber spatula to wipe down the sides and blend again for a few seconds. Pour into a bowl, cover and refrigerate.

Pour into a serving bowl with a spoon.