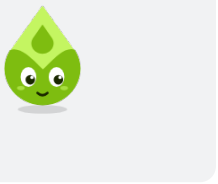
Snack, Latin American

Chilled Brazilian Avocado Dip

A creamy avocado dip folded with tomato, cucumber, colorful bell peppers and plenty of fresh herbs, chilled until the flavors come together.

220 min	120	4 g	1 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 12 servings

- [ ] 1/2 cup olive oil
- [ ] 2 med Hass avocados (ripe)
- [ ] 1/4 cup fresh cilantro (chopped)
- [ ] 1/4 cup fresh parsley (chopped)
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp salt
- [ ] 1 med roma (plum) tomatoes (seeded and finely diced)
- [ ] 1/2 whole English cucumber(s) (peeled, seeded, and finely diced)
- [ ] 1/2 med yellow bell pepper (finely diced)
- [ ] 1/2 med red bell pepper (finely diced)
- [ ] 1 stalks green onion (scallion) (chopped)
- [ ] 1 clove garlic (finely minced)

Nutrition Facts

Per serving

Calories	120
Total fat	12 g
Saturated fat	1.5 g
Sodium	135 mg
Total carbs	4 g
Fiber	2 g
Total sugars	1 g
Protein	1 g

Method

- [ ] 1 Finely mince the garlic and chop the green onion, cilantro and parsley.
- [ ] 2 Seed and finely dice the roma tomato, peel, seed and finely dice the English cucumber, and finely dice the yellow bell pepper and red bell pepper.
- [ ] 3 Combine the garlic, green onion, roma tomato, English cucumber, yellow bell pepper and red bell pepper in a bowl and toss well.
- [ ] 4 Season with the lower sodium soy sauce, salt, black pepper, parsley and cilantro, folding the mixture well.
- [ ] 5 Halve the avocados, remove the pits and scoop the flesh from the shells, then dice or mash it and add it to the vegetables.
- [ ] 6 Slowly pour in the olive oil while folding everything together.
- [ ] 7 Refrigerate for at least 3 hours so the flavors develop, then remove from the fridge at least 20 minutes before serving.

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