
Clamavo Dip

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

2 ripe avocados, peeled, seeded and cut into pieces

1 can (7-1/2 ounce) minced clams, drained

1 tablespoon chopped onion

2 tablespoons mayonnaise or salad dressing

1 tablespoon lemon juice, .5

1/2 teaspoon salt

1/8 teaspoon freshly ground pepper

1/8 teaspoon garlic salt

In a blender or small mixer bowl, combine all of the ingredients. Blend until smooth. Taste for seasoning.

Serve with crackers or corn chips.

Yield: 1 1/2 cups

Appetizers

Per Serving (excluding unknown items): 9 Calories; trace Fat (1.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1312mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.