

# Lake Charles Dip

Shannon Copley - Upper Arlington, OH  
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**Yield: 1 1/2 cups**

*1 cup sour cream  
2 tablespoons reduced-fat  
mayonnaise  
1 tablespoon Italian salad  
dressing mix  
1/3 cup finely chopped  
avocado  
1 teaspoon lemon juice  
1/2 cup seeded tomato,  
finely chopped*

In a small bowl, combine the sour cream, mayonnaise and dressing mix.

In a bowl, toss the avocado with the lemon juice. Stir into the sour cream mixture. Stir in the tomato.

Refrigerate for at least one hour.

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Per Serving (excluding unknown items): 574 Calories; 56g Fat (86.7% calories from fat); 7g Protein; 12g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 264mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 11 1/2 Fat; 0 Other Carbohydrates.