



Avocado Yogurt Dip with Homemade Tortilla Chips



Prep Time: 10 minutes

Serves: 8

DIP INGREDIENTS

- 1 ripe avocado, peeled and pitted
- ½ cup nonfat plain yogurt
- ⅓ cup packed fresh cilantro leaves
- 2 tablespoons scallions, chopped
- 1 tablespoon lime juice
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 teaspoon cumin
- 1 jalapeño, seeded and chopped

CHIP INGREDIENTS

- 1 cup extra virgin olive oil,
- 12 corn tortillas
- Kosher salt (or other coarse salt)

DIRECTIONS

- Place avocado, yogurt, cilantro, scallions, lime juice, salt, pepper, cumin and jalapeno in a food processor or blender
- Process until smooth.
- Lay out the tortillas in a single layer on a baking sheet and put them in a 350°F for 5 minutes
- Cut each tortilla into 6 triangle shaped wedges
- Pour oil into a medium skillet to a depth of 1/4 of an inch
- Place a handful of tortilla triangles into the hot oil, Fry for approximately 2 minutes until the chips just begin to color and they are firm, no longer pliable.
- Sprinkle with salt