

# White Bean & Avocado Dip

## Ingredients

- 1 (15-ounce) can or 1¾ cups white beans, drained and rinsed
- 1 avocado, peeled and pitted
- 2 cups tomatoes, finely chopped (cherry or grape are ideal)
- ½ cup fresh cilantro, finely chopped
- 4 stalks scallions or green onions, finely diced (approx. 1 cup)
- 3 cloves garlic, minced (green germ removed to prevent irritation)
- 1 tsp. Dried Mexican oregano
- ¼ cup lime juice
- Sea salt to taste

## Instructions

1. Place the white beans and avocado in a mixing bowl, and coarsely mash them with the back of a spoon, fork or a potato masher. Don't mash them out entirely; some texture should remain.
2. Add the tomatoes, cilantro, scallions, garlic, oregano, lime juice, and salt to taste.
3. Mix well and adjust the seasoning. Keep refrigerated until ready to serve.

**Tip:** You can vary the flavors by changing the herbs. For instance, leave out the cilantro and use basil, rosemary and/or parsley and lemon juice for an Italian flavor.