

## guacamole

*on game day you'll need this by the bowl-full*

Servings: 12

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### ingredients:

15 ripe medium California  
avocados  
1/4 c fresh lemon juice  
3 tbsp fresh dill, chopped  
1 1/2 tbsp garlic salt  
1/2 c medium-hot salsa  
3 c plain Yami yogurt

### preparation:

Peel and pit avocados. In a large mixing bowl, coarsely mash them, leaving some chunks. Add the remaining ingredients and mix until blended. Refrigerate until serving time.

*Tip: Place a piece of plastic wrap directly on the surface of the guacamole before refrigerating to keep it from darkening.*

For an alternate version, begin with mashed avocado and use lime juice in place of lemon juice; replace fresh dill with chopped fresh cilantro; and replace garlic salt with 3 cloves of finely minced fresh garlic (or more to taste). Add salsa if you like, and salt to taste. Refrigerate until serving time.

**Yami**<sup>®</sup>  
yogurt