

AVOCADO & TOMATO DIP

Ingredients (*serves 1*):

- $\frac{1}{2}$ red onion, finely chopped
- 1 clove of garlic, crushed
- Pinch of ground cumin
- 1-2 teaspoons (5-10 ml) olive oil
- 1 tomato, finely chopped
- $\frac{1}{2}$ avocado, finely chopped
- Freshly ground black pepper



Instructions:

1. Place the red onion, garlic, cumin, and olive oil in a shallow pan set over low heat.
2. Warm for about 5 minutes to allow the flavours to infuse and the onion to soften.
3. Add the chopped tomato and avocado.
4. Season with the black pepper.
5. Serve in a small bowl with some vegetable crudites.
6. Enjoy!!

