

Avocado & Yogurt Dip with Jalapeno & Cilantro - Appetizer.txt  
Avocado & Yogurt Dip with Jalapeno & Cilantro  
Bon Appétit, July 2003

- 1 16-ounce container plain nonfat yogurt (scant 2 cups)
- 1 teaspoon ground cumin
- 1 large avocado, peeled, halved, pitted, coarsely chopped
- 4 tablespoons chopped fresh cilantro
- 2 teaspoons minced jalapeño
- 1 small garlic clove, minced

Set strainer over medium bowl; line with double layer of cheesecloth. Place yogurt in cloth-lined strainer. Cover with plastic wrap; chill overnight.

Discard liquid drained from yogurt. Transfer yogurt to processor. Stir cumin in small dry skillet over medium-low heat until fragrant, about 1 minute. Add cumin to processor, then avocado, 3 tablespoons cilantro, jalapeño, and garlic. Process until smooth. Season with salt and pepper. Transfer dip to small bowl. (Can be prepared 6 hours ahead. Press plastic wrap onto surface of dip and chill). Sprinkle with 1 tablespoon cilantro.

Makes about 1 ½ cups.

Cooks Note: Draining the yogurt overnight makes this low-fat guacamole extra-creamy. If you use Greek or Greek-style yogurt there is no need to drain it.