

## GUACAMOLE DIP W/ OVEN BAKED PITA CHIPS

### Ingredients:

- 2 large, ripe avacados
- 15 mL sour cream (keeps guacamole from turning brown)
- 10 mL lime juice
- 1 mL salt and pepper

A pinch of salsa or some diced fresh tomato can be added or some finely diced white onion as well as finely diced red chili if you like it hot!

- 5 round white pitas
- Olive oil for brushing and whatever seasoning you desire.

### Method:

1. Preheat the oven to 350 F.
2. Brush both sides of the pita with olive oil. On one side sprinkle a little salt and garlic powder or parsley or italiano spice.
3. On a cutting board cut each pita into 6 triangles. Lay the triangles out on a large cookie sheet. Bake for 5-10 mins, turning half way through, until crisp. **Do not let them burn!!**
4. Cut the avocado in half lengthwise and twist counter clockwise to separate the two halves. Whack a chef knife blade into the side of the pit and twist and pull out. Scoop the avocado out of the two shells and then mash really well with a fork on a cutting board. Add the lime juice, sour cream , spices and stir.
5. Add the pinch of salsa, chili or diced tomato if desired. Cover with saran wrap right on top of the dip so it's touching the dip and keep in fridge till ready to use. Serve with crisp pita chips.