

# Guacamole Salad

## Ingredients

2 large ripe avocados  
1 teaspoon lemon juice  
1 medium tomato  
2 green onions with tops  
2 Tablespoons low-fat mayonnaise  
1 Tablespoon soy or skim milk

## Method

Cut avocados in half and remove pits. Peel and place in a blender container. Sprinkle with lemon juice. Add tomato and onion. Process on low speed until mixture is smooth. Transfer to a small bowl. Mix mayonnaise and milk in a small cup until smooth. Carefully pour over guacamole salad and spread evenly to edges to seal. This helps guacamole from turning brown. Cover with plastic and chill. When ready to serve, stir in mayonnaise mixture. Serves six.