

Chef Liz's Avocado Sauce

Elizabeth Willard
PERSONAL CHEF



PREP TIME:
15 MINUTES



NO COOKING
NECESSARY!



SERVINGS: 4

Ingredients

- 2 ripe avocados, cubed
- 1 garlic clove, minced
- 1 shallot, minced
- 1 lime, juiced
- Sea salt, to taste
- Black pepper, to taste
- Extra virgin olive oil

Directions

Place avocado, garlic, and shallot into food processor. Pulse a few times.

Add lime juice, salt, and pepper, and process until smooth. You can add a little olive oil if you want to thin it out.

Place sauce in a lidded container. Pour a thin layer of olive oil on the top to prevent oxidation (which will make the avocado brown). Seal and store in the refrigerator one week.

Notes

You can add this to sandwiches, salads, pasta (thinned with some pasta water), or use it as a dip with veggies for a healthy snack.