

Rich Aurilia's Guacamole Dip

(Could this be why the Giants' shortstop has such a hot bat this spring? The recipe comes from his wife Raquel's father.)

INGREDIENTS:

- 5 avocados
- 3 green onions
- 5 canned Anaheim chiles, diced (or use jalapenos for more heat)
- 1 lime
- 2 to 3 teaspoons salsa
- ½ teaspoon dill
- Garlic salt to taste
- Salt to taste
- 2 tablespoons sour cream
- Tortilla chips

INSTRUCTIONS: Halve the avocados, discard the pits, then peel and slice. Thinly slice the green onions. Combine the avocados, chiles, lime juice (squeezed from lime), green onions, salsa, dill and garlic salt to taste. Season with salt if needed. Add sour cream last to adjust the thickness.

Serve with tortilla chips.

Yields about 3½ cups

PER 1/4 CUP: 115 calories, 2 g protein, 6 g carbohydrate, 10 g fat (2 g saturated), 1 mg cholesterol, 106 mg sodium, 2 fiber.