

AVOCADO WITH PEAS

3 ripe avocados
7 ounces frozen peas, lightly steamed and drained
1 handful cilantro, roughly chopped
3 green onions, roughly chopped
Juice of 1 lime
1 tomato, seeded and chopped
Salt and pepper to taste

Place all of the ingredients, except the tomatoes, in a food processor and pulse until just combined. Put into a serving bowl and stir in the tomatoes. Season with salt and pepper if you so desire. Refrigerate until ready to eat.
Serve with baked chips or pita, carrot or celery sticks, even in a baked potato or on top of roasted fish, chicken, or meat.