

## **SALMON AVOCADO SPREAD**

2- CANS, (3 <sup>3</sup>/<sub>4</sub>- SALMON) OR FRESH SALMON-COOKED

1- AVOCADO, MASHED WITH FORK,

1- TB, LEMON JUICE

1- TB, OLIVE OIL

1- GARLIC CLOVE (CHOPPED)

1 <sup>1</sup>/<sub>2</sub>- GRATED ONIONS-(VADALLIANS ARE BEST, SWEET)

<sup>1</sup>/<sub>2</sub>- TSP, SALT

4- DROPS TABASCO

DRAIN AND FLAKE SALMON. PEEL AVOCADO, GRATED IT.

COMBINE ALL INGREDIENTS. CHILL. SERVE WITH CRACKERS OR GARLIC BREAD.