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Steeplechase Spread

Serves 6

I've become a big fan of avocados, and I made this spread to take to the Brookhill Steeplechase in Clayton, North Carolina. The combination of the smooth creaminess from the avocados and the tartness of the lemon is refreshing on a warm day. I've suggested serving this with crackers, but you can also make tea sandwiches by spreading it on thinly sliced bread and topping it with thin slices of tomato.

2 ripe Haas avocados
1/2 cup plain yogurt
3 teaspoons freshly squeezed lemon juice
2 teaspoons chopped fresh cilantro
1/2 teaspoon salt
Dash of garlic powder
Dash of onion powder
Freshly ground black pepper to taste
Water crackers for serving

1. Cut the avocados in half, remove the pits, and scoop out the flesh into a medium-size bowl. Mash well. Stir in the yogurt, 2 teaspoons of the lemon juice, the cilantro, salt, garlic powder, onion powder, and black pepper. Stir until the mixture is very smooth.

2. Sprinkle the top with the remaining 1 teaspoon of lemon juice to keep the avocado from browning. Cover and chill for several hours, or refrigerate overnight.

3. Stir before serving. Serve with crackers

EXTRA POINTS: You can make this the day before serving if you wish. Press a sheet of plastic wrap directly onto the surface of the spread to keep it from browning.