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## AVOCADO WITH MEDITERRANEAN DRESSING

*Give avocados star status with this dressing!*

**FOR 4 SERVINGS:**

**DRESSING:**

2 tablespoons olive oil  
1/4 cup pine nuts  
4 sun-dried tomatoes, chopped  
2 teaspoons balsamic or wine vinegar  
1 clove garlic, very finely chopped  
1/4 teaspoon salt  
freshly ground black pepper to taste

**2 ripe avocados**

Warm a little of the olive oil in a frying pan, add the pine nuts and heat until golden brown. Add the rest of the oil and the remaining ingredients, then put aside until required.

Just before serving, halve the avocados, cutting around them, and twisting the halves gently. Remove the stones by chopping a sharp knife into the stone and twisting the knife. Spoon dressing into the cavities and serve promptly.

*Avocado with Mediterranean Dressing*

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