

## Crispy Avocado Chips With Butter Bean Dip and Mango Salsa



Serves 8, double the recipe for more servings

### Preparation

1. Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
2. In a medium bowl, mash avocado with a fork until

### Ingredients

- 2 ripe avocados from Mexico
- 2 cups (500 ml) freshly grated Parmesan
- 3 tsp (15 ml) lemon juice, divided
- 1 can butter beans (drained and washed)
- 2 cloves roasted garlic
- 1 tsp (5 ml) onion powder
- 1 tbsp (15 ml) tahini
- 1 tsp (5 ml) chopped parsley
- 1 cup (250 ml) ripe mango, peeled and cubed
- 1 tsp (5 ml) thyme, finely chopped
- 2 tbsp (30 ml) scallions, chopped
- ¼ cup (60 ml) red onion, diced
- ¼ cup (60 ml) English cucumber, peeled and diced
- 1 tsp (5 ml) cilantro, finely chopped
- ½ scotch bonnet pepper
- 1 tsp (5 ml) lime juice
- 1 tsp (5 ml) red wine vinegar
- 1 tsp (5 ml) olive oil
- Kosher salt, to taste
- Freshly ground black pepper, to taste

### Marc Kusitor, Chef, based in Toronto, CA

Marc Kusitor is the Head Chef and Owner of ChopTime Catering in Toronto, a brand he created to challenge the notion that Afro-Caribbean cuisine is only for quick, casual dining. Inspired by his cultural roots and the rich culinary traditions of African and Caribbean homes, Marc blends nostalgia with innovation to tell his family's story through

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smooth. Stir in coarsely grated Parmesan and 2 tsp (10 ml) lemon juice. Season with salt and pepper.

modern, flavorful dishes.

3. Scoop avocado mixture on baking sheet and flatten each scoop to 3 inches wide across and make sure to leave room for each chip to spread during baking.
4. Bake until golden, about 30 minutes, then let cool completely. Serve at room temperature.
5. To create the butter bean dip, combine beans, parsley, tahini, garlic powder and roasted garlic, and blend until smooth. Add salt and pepper, 1 tsp (5 ml) lemon juice and onion powder, and blend until combined. Remove mixture from food processor and serve chilled.
6. To create the mango salsa, place mango, cucumber, onion, scallions and cilantro into a large mixing bowl. Remove seeds from scotch bonnet pepper by slicing it in half and scraping the seeds out with the back of your knife. Finely chop half the pepper and add to mixing bowl with salsa ingredients.
7. Add lime juice and vinegar to bowl and mix all ingredients until combined. Finish with olive oil, salt and pepper and serve chilled.
8. Tip: If you want your salsa to be less spicy add less scotch bonnet.