

Guacamole Rajas Dip

Food Network Magazine

1 poblano pepper, thinly sliced
1 white onion, thinly sliced
2 tablespoons vegetable oil
salt (to taste)
pepper (to taste)
3 avocados, diced
juice of one lime
1 teaspoon Kosher salt
1 plum tomato, chopped
1/2 cup chopped cilantro
1 tablespoon pickled jalapeno,
chopped

Preheat the broiler.

In a bowl, toss the poblano pepper, white onion, vegetable oil, salt and pepper. Place on a 15x10-inch rimmed baking sheet.

Broil, stirring occasionally, until lightly charred and tender, 10 to 15 minutes. Roughly chop.

In a bowl, mash the avocados with the lime juice, Kosher salt. Stir in the plum tomato, cilantro, pepper/onion mixture and jalapeno.

Per Serving (excluding unknown items): 1298 Calories; 120g Fat (77.6% calories from fat); 15g Protein; 63g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 2078mg Sodium. Exchanges: 3 1/2 Vegetable; 2 1/2 Fruit; 23 1/2 Fat.