

Grilled Avocados

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6 firm avocados, quartered
salt (to taste)
pepper (to taste)
grapeseed oil
3 tablespoons balsamic
vinegar
1 teaspoon Dijon mustard
1/4 cup fresh parsley,
chopped
3 cloves garlic, crushed and
quartered
1/2 teaspoon salt
1/8 teaspoon pepper
6 tablespoons olive oil
parsley (for garnish)

In a bowl, season the avocados with salt and pepper. Brush with grapeseed oil.

Grill over medium-high heat, turning, until marked all over, about 3 minutes.

In a blender, combine the vinegar, Dijon mustard, parsley, garlic, salt and pepper. With the blender running, add the olive oil. Puree until smooth.

Drizzle the dressing over the avocados. Garnish with more parsley.

Per Serving (excluding unknown items): 746 Calories; 81g Fat (95.5% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1139mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 16 Fat; 0 Other Carbohydrates.