

Roasted Jalapeno Butter

Cooking Light Magazine

Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

1 j jalapeno pepper

cooking spray

7 teaspoons unsalted butter, softened

1 teaspoon grated lime rind

2 teaspoons honey

1/4 teaspoon salt

Preheat grill to medium-high heat.

Place jalapeno on grill rack coated with cooking spray; cover and grill for 10 minutes or until blackened and charred, turning occasionally.

Place jalapeno in a small paper bag, and fold tightly to seal. Let stand for 5 minutes. Peel and discard skins; cut jalapeno in half lengthwise. Discard stem, seeds and membranes.

Finely chop the jalapeno. Combine the jalapeno, butter, lime rind, honey and salt in a small bowl; stir well.

Per Serving (excluding unknown items): 48 Calories; 4g Fat (82.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 90mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.