

Appetizer

Blue Cheese Guacamole

Palm Beach Post

- 2 tablespoons white onion, finely chopped**
- 1 tablespoon fresh jalapeno or serrano chile pepper, including seeds**
- 1 teaspoon kosher salt**
- 1/4 cup chopped cilantro, divided**
- 1 tablespoon freshly squeezed lime juice**
- 1 large Mexican Hass avocados, halved and pitted**
- 1/4 cup smoked almonds, coarsely chopped and divided**
- 3 tablespoons crumbled blue cheese, divided**

Mash the onion, chile, salt and half of the cilantro to a paste in a mortar. You can also mince and mash the ingredients together on a cutting board with a large knife or fork, and then transfer the paste to a bowl. Stir in the lime juice.

Score the flesh in the avocado halves in a crosshatch pattern (not through the skin) with a knife and then scoop it with a spoon into the mortar or bowl. Add the rest of the cilantro and most of the almonds and blue cheese; toss well and mash coarsely with a pestle or fork. Season to taste with additional lime juice and salt.

Garnish with the rest of the almonds and blue cheese.

This guacamole is best served right away.

Yield: 2 1/2 cups

Per Serving (excluding unknown items): 98 Calories; 7g Fat (66.7% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 2236mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.