



Elliott Evans Nutrition, LLC
Prevent and Protect
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BLUE CHEESE GUACAMOLE

Cooking Light – January/February 2012

- 2 tablespoons finely chopped white onion
- 1 tablespoons minced fresh jalapeno or serrano chile, including seeds, or more to taste
- 1 teaspoon kosher salt, or ½ teaspoon fine salt
- ¼ cup chopped cilantro, divided
- 1 tablespoon freshly squeezed lime juice, or more to taste
- 1 large or 2 small ripe avocados, halved and pitted
- ¼ cup coarsely chopped smoked almonds, divided
- 3 tablespoons crumbled blue cheese, divided

- Mash the onion, chile, salt (the coarseness of kosher salt will help you make the paste), and half the cilantro into a paste in a molcajete or mortar. You can also mince and mash the ingredients together on a cutting board with a large knife or a 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 remaining 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 remaining almost and blue cheese. Best if served right away.