

Avocado-Feta Dip

GF, M,
VEG

Ingredients

SERVINGS
Yields 12

Serving Size
1 oz

Prep Time
4 Min

Cook Time
6 Min

1/2	Red onion, diced
1	Jalapeño, seeded & diced
	Olive oil
1	Avocado, diced
1 C	Cilantro
3/4 C	Feta, crumbled
1/4 C	Lemon juice
3 tbsp	Vegetable oil
to taste	Salt
	Vegetable sticks

Nutrition Per serving

80	Calories
7.5g	Total Fat
2g	Saturated Fat
1.5g	Protein
2.5g	Carbohydrates
1g	Sugar

Directions

Cook red onion and jalapeno in olive oil for 6 minutes.

Puree with avocado, cilantro, feta, lemon juice, vegetable oil, and salt.

Serve with vegetable sticks.

Recipe courtesy of Foodnetwork.com