

- APPETIZERS -

AVOCADO FETA DIP



prep time
10 minutes



portion for
4 people



serve
cold

The Ingredients:

- ½ Red Onion, diced
- 1 Jalapeño, diced and seeded
- 1 Avocado, diced
- 1 CUP Cilantro
- ¾ CUP crumbled Feta
- ¼ CUP Lemon Juice
- 3 TBSP Olive Oil
- ½ TSP Spice of Life

Cooking Steps:

1. Cook onion and jalapeño in olive oil for 6 minutes.
2. Puree onion and jalapeño in food processor or blender with avocado, cilantro, feta, lemon juice, olive oil and Spice of Life.
3. Wrap in plastic and refrigerate for at least 1 hour.
4. Serve with toasted whole wheat baguette slices and vegetable sticks

Make Ahead Tip: Wrap tightly and refrigerate for up to 2 days or freeze for up to 6 months.

