



Avocados are, indeed, high in fat, it's the heart healthy monounsaturated fat. Update your guacamole with this variation of blue cheese.

Roquamole

This recipe is adapted from Nigella Express, by British food writer Nigella Lawson. We found the combination of two rich ingredients—avocado and blue cheese—to be a marriage made in heaven.

- 1 cup (8 ounces) crumbled Roquefort or St Agur blue cheese
- ¼ cup sour cream
- 2 ripe avocados
- ¼ cup sliced pickled jalapeño peppers
- 2 green onions, finely sliced
- ½ teaspoon fresh lime juice
- Blue corn tortilla chips

1. Crumble or mash the cheese. Stir in sour cream. Add avocados. Mash with a fork.

2. Roughly chop jalapeños. Add to avocado mixture. Stir in green onions and lime juice.

3. Arrange in the center of a plate or dish and surround with tortilla chips. Serves 8.

Per serving: 140 calories, 12g fat, 20mg chol., 5g prot., 5g carbs., 3g fiber, 400mg sodium.

Recipe adapted with permission from Nigella Lawson, Nigella Express (Hyperion, 2007).

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