

Spicy Guacamole

Ingredients:

- 2 medium green sweet peppers
- 2 medium fresh poblano chili peppers
- 1 garlic bulb, minced
- 1/2 teaspoon olive oil
- 2 medium avocados halved, seeded, peeled, and diced
- 1 teaspoon finely shredded lemon peel
- 2 tablespoons lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon crushed pepper
- 2 Roma tomatoes, seeded and chopped

Directions

1. Preheat the oven to 425 °F.
2. Line a baking pan with foil; set aside.
3. Quarter, stem, and seed green and chili peppers.
4. Place pepper quarters, cut sides down, in the prepared pan.
5. Cut off the top 1/2-inch of garlic bulb to expose ends of individual cloves. Leaving garlic bulb whole, remove any loose, papery outer layers.
6. Place bulb, cut end up, on a double thickness of foil. Drizzle with oil. Bring foil around bulb and fold edges together to loosely enclose. Place foil packet on the pan with the peppers.
7. Roast peppers and garlic for 20 minutes or until charred and garlic cloves feel soft.
8. Bring foil up around pepper quarters and fold edges to enclose. Let stand about 15 minutes or until cool enough to handle. Using a knife, gently pull skins off pepper pieces and discard.
9. When garlic head is cool enough to handle, squeeze garlic paste out of the individual cloves.
10. In a food processor combine roasted pepper and garlic. Cover and process until nearly smooth.
11. Add avocados, lemon peel, lemon juice, salt, and crushed pepper.
12. Cover and pulse with several on-off turns until mixture is slightly chunky, scraping sides of bowl as needed.
13. Transfer to a serving bowl; stir in tomatoes.
14. Serve immediately or cover the surface with plastic wrap and chill for up to 1 hour.

Nutrition Facts

Serving Size (36g)
Servings Per Container 24

Amount Per Serving

Calories 30 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 1g

Vitamin A 2% • Vitamin C 20%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

