

# Swamp Guac (Halloween)

*Publix.aprons.com*

## **Servings: 8**

*3 ripe Hass avocados,  
halved  
1/2 medium white onion,  
finely chopped  
1 poblano pepper, finely  
chopped  
2 tablespoons fresh cilantro,  
finely chopped  
juice of two limes  
1/2 teaspoon Kosher salt  
1/4 teaspoon pepper  
1/4 cup crumbled queso  
fresco (or goat cheese)  
tortilla chips (for dipping)*

Scoop the flesh from one avocado. Place in a bowl. Smash until it is the desired consistency.

Chop the onion, poblano pepper and cilantro. Place in the bowl with the avocado. Squeeze the limes for juice (about two tablespoons).

Scoop the flesh of the remaining avocados. Chop roughly leaving some chunks. Add to the guacamole bowl. Add the lime juice.

Season with salt and pepper. Stir gently to combine

Top with the queso fresco cheese.

Serve with tortilla chips.

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Per Serving (excluding unknown items): 6 Calories; trace Fat (3.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.