

*Seasonal Foods: Awesome Avocados | CCM Staff | April 2009*

*The smokey roasted vegetables add one extra step to the usually simple process of making guacamole, but we promise it's worth it. And because avocados are a surprisingly complete food with powerful nutritional benefits, eat up! Go to the Living Locavore guide on the CCM website to find local growers.*

## *Southwestern Fire-Roasted Guacamole*

3 large Hass avocados, halved, pitted and peeled  
 ½ red onion, peeled and cut in large wedges  
 1 small red bell pepper  
 2 anaheim chiles  
 ½ bunch fresh cilantro  
 6 Tbsp fresh lime juice  
 1 tsp salt  
 ½ tsp freshly ground black pepper

Prepare barbecue (medium-high heat). Brush onion wedges lightly with oil to coat. Transfer onions and chiles to barbecue. Grill onion until softened and browned, about 5 minutes per side, then set aside to cool. Char bell pepper and chiles until blackened on all sides. Enclose bell pepper and chiles in paper bag 10 minutes. Peel, seed, and chop chiles, and chop the onions.

In a medium bowl, coarsely mash the avocados with the lime juice. Stir in grilled veggies and fresh cilantro, and season to taste with salt and pepper, adding more lime juice if needed.