Avocado-Feta Dip

(Adapted from Food Network)

1/2 diced red onion

1 diced seeded jalapeno

1 diced avocado

1 cup cilantro

3/4 cup crumbled feta

1/4 cup lemon juice

3 tablespoons vegetable oil

Cook red onion and jalapeno in olive oil, 6 minutes. Puree with avocado, cilantro, feta, lemon juice, vegetable oil and salt to taste. Serve with toasted bread and vegetable sticks.