

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.