Avocado Cheese Roll with Nuts

Author: From Phillis Careys' book Fast & Fabulous Entertaining Menus

Carolyn T's Main Cookbook

Servings: 8



1 whole avocado, ripe
1/2 cup nuts, pistachios or walnuts, toasted
8 ounces cream cheese, softened
1/4 cup Jack cheese, grated
1 teaspoon fresh lime juice, or lemon juice
1 small garlic clove, minced
1/4 teaspoon Worcestershire sauce
1/4 teaspoon salt
1 pinch cayenne
1/4 cup nuts, pistachios or walnuts

Blog: Carolyn T's Blog: http://tastingspoons.com

Your Text Here

Per Serving (excluding unknown items): 223 Calories; 21g Fat (81.9% calories from fat); 5g Protein; 6g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 156mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Notes: Will keep well for at least 2 days, then the avocado will begin to discolor.

1. Peel avocado and dice. Rinse in cool water to delay the color change. Transfer to a small bowl and mash with a fork. Mix in the toasted nuts, cream cheese, Jack cheese, lime juice, Worcestershire, garlic, salt and cayenne. Stir to combine. Cover and chill mixture for about 30 minutes until the cream cheese firms up a bit.
2. Scoop the mixture out onto a long piece of plastic wrap. Shape into a log about 1 1/2 to 2 inches in diameter. Cup the nuts in your palm and press onto the mixture and more or less cover it. Wrap up, wrap again in foil and chill for 2 hours or more, or overnight. Serve with baguette slices or crackers and a knife for spreading.