

## Spicy avocado poblano salad

**SERVES 4** **TIME** 50 minutes

Roasted chiles, crunchy jicama and radishes, silky avocado, crumbly cheese, and a spicy-sweet dressing make this salad an explosion of flavor and texture. Try it with pork chops or a juicy steak.

**4 medium poblano chiles (about 12 oz. total)**

**2 tbsp. fresh lime juice, divided**

**1 tsp. kosher salt**

**¼ tsp. honey**

**⅛ tsp. cayenne**

**3 tbsp. avocado, safflower, or canola oil**

**2 firm-ripe large avocados**

**8 oz. jicama, peeled and sliced in thin half-moons**

**¼ cup crumbled cotija cheese**

**¼ cup toasted pumpkin seeds**

**4 radishes, cut into matchsticks**

**1.** Preheat oven to broil and set rack 4 in. from heat. Broil poblanos in a rimmed baking pan, turning as needed, until blackened all over, 10 minutes. Let sit on pan until skins are loosened, 15 to 20 minutes.

**2.** Whisk together 1 tbsp. lime juice, the salt, honey, cayenne, and oil.

**3.** Pit and peel avocados (see “How to Get the Most from Your Avocado,” below). Lay each avocado half cut side down, rest your hand gently on top, and slide knife through avocado horizontally to make ¼-in.-thick slices. Drizzle with remaining lime juice.

**4.** Skin, stem, and seed poblanos. Cut into irregular 1- to 2-in. pieces.

**5.** On each of 4 plates, arrange alternating layers of poblano pieces, avocado slices, and jicama; drizzle with some dressing. Add another layer of poblanos and avocados, drizzle with more dressing, and tuck remaining jicama slices into salads from

the side. Sprinkle with cheese, pumpkin seeds, and radishes.

**PER SERVING** 327 CAL., 74% (243 CAL.) FROM FAT; 5.5 G PROTEIN; 27 G FAT (4.4 G SAT.); 20 G CARBO (6.1 G FIBER); 397 MG SODIUM; 4 MG CHOL.

## Sake soy guacamole

**MAKES 1½ cups** **TIME** 20 minutes

This is loosely based on a recipe from Hawaiian chef Alan Wong. Serve it with daikon sticks, radishes, or taro chips.

**2 ripe medium avocados, pitted**

**1 serrano chile, seeded and finely chopped**

**2 tbsp. fresh lime juice**

**1½ tbsp. each soy sauce and finely grated ginger**

**1 tbsp. sake**

**2 tbsp. minced fresh shiso leaves\* (optional)**

**1 tbsp. finely chopped green onion**

**1 tbsp. toasted sesame seeds**

Scoop avocado flesh into a bowl and mash with a fork (leave slightly chunky). Stir in all other ingredients except sesame seeds. Sprinkle with the seeds.

*\*An aromatic herb; find shiso at Asian markets.*

**PER TBSP.** 30 CAL., 80% (24 CAL.) FROM FAT; 0.4 G PROTEIN; 2.7 G FAT (0.4 G SAT.); 1.4 G CARBO (0.4 G FIBER); 66 MG SODIUM; 0 MG CHOL.

## Avocados with warm bacon parsley vinaigrette

**SERVES 4** **TIME** 20 minutes

Crunchy bacon brings out the smokiness of a good Hass avocado, and the sharp vinaigrette helps cut its richness.

**½ lb. thin-sliced bacon**

**2 firm-ripe avocados, each pitted, peeled, and cut into 4 to 6 wedges**

**3 garlic cloves, minced**

**2 tbsp. fresh lemon juice**

**1 tsp. sugar**

**Kosher salt and freshly ground black pepper**

**2 tbsp. chopped flat-leaf parsley**

**1.** Cook bacon in a large frying pan over medium-low heat until crisp. Drain on paper towels; let cool. Remove pan from heat and discard all but 2 tbsp. bacon fat. Divide avocado wedges among 4 plates.

**2.** Heat reserved bacon fat over medium heat. Add garlic, ¼ cup water, the lemon juice, and sugar and simmer 1 minute, stirring. Season with salt and pepper. Stir in parsley and crumble in bacon. Immediately pour over avocado wedges and serve.

**PER SERVING** 270 CAL., 83% (225 CAL.) FROM FAT; 5.2 G PROTEIN; 25 G FAT (5.7 G SAT.); 8.6 G CARBO (2.5 G FIBER); 213 MG SODIUM; 14 MG CHOL.

## Avocado fries

**SERVES 6** **TIME** 30 minutes

Crunchy on the outside, creamy and nutty inside, these fries are totally over the top. Chef Trey Foshee, at George's at the Cove restaurant in La Jolla, California, serves them with grilled steak.

**Canola oil for frying**

**¼ cup flour**

**About ¼ tsp. kosher salt**

**2 large eggs, beaten to blend**

**1¼ cups panko (Japanese bread crumbs)**

**2 firm-ripe medium avocados, pitted, peeled, and sliced into ½-in. wedges**

**1.** Preheat oven to 200°. In a medium saucepan, heat 1½ in. oil until it registers 375° on a deep-fry thermometer.

**2.** Meanwhile, mix flour with ¼ tsp. salt in a shallow plate. Put eggs and panko in separate shallow plates. Dip avocado in flour, shaking off excess. Dip in egg, then panko to coat. Set on 2 plates in a single layer.

**3.** Fry a quarter of avocado slices at a time