

Grilled Avocado

From the kitchen of [Dr. Barrett](#)



I love grilling food in the summertime, you get the delicious grilled flavor without heating up your kitchen! We use [GrillGrates](#) on our grill which help reduce any food sticking and control flare ups. I think these helped make our grilled avocados a success.

Ingredients:

- 4 ripe avocados (ripe but not overly ripe)
- 1 red bell pepper
- fresh basil chopped (to taste)
- feta cheese (to taste)
- salt (to taste)
- pepper (to taste)

Directions:

1. Cut the avocados in half, remove the pit but leave the shell on the outside. Sprinkle lightly with salt and pepper. If not using GrillGrates I recommend oiling the surface of the avocado to avoid sticking.
2. Cut the red bell pepper in half and remove seeds.
3. Place the avocado open side down on the grill for 1.5-2 minutes, then rotate to get that beautiful hatch mark design and let sit for another 1.5-2 minutes. Finally flip them over on to their shells for approximately 1 minute.
4. At the same time grill the red bell peppers for approximately 5 minutes until slightly charred.
5. Chop cooked peppers and set aside
6. Chop fresh basil and set aside.
7. Gently remove the avocado from the shell and place the flat side up, lining them up on the plate.
8. Lightly salt again then top liberally with the chopped peppers, basil and feta cheese.

I served this as an appetizer with some chips and crackers for the whole table to dig in. Definitely a crowd pleaser!

Pro Tip: If you place the hot peppers in a brown bag and let them steam the skin will be much easier to remove.

