



Baked, Stuffed Avocados. (6 servings)

- 1 very large onion, peeled and chopped
- 3 large ripe avocados (not too soft)
- 1 cup chopped toasted walnuts (Or any nut, except peanuts)
- 1 cup diced gruyere cheese (or swiss, or jack, or cheddar...)
- 1/3 cup grated Parmesan cheese
- 3 Tbs. chopped fresh parsley
- 4 or 5 tablespoons of dry or medium sherry
- 1 teaspoon each of salt & pepper (or to taste)

Sauté the onion until soft, and set it aside. When the onion has cooled a bit, toss it together with all of the remaining ingredients except the avocado. At this point the mixture can be kept in the fridge until you're ready to stuff the skins and bake the avocados.

Just before you're ready to bake (or microwave), cut the avocados in half, lengthwise. Remove the pit, and carefully scoop out the avocado flesh, being careful not to tear the skins. Reserve the skins. Cut the avocado into large dice and gently toss together with the rest of the