



Holy Moly Guacamole



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1/6th of recipe (about 1/3 cup): 78 calories, 3g total fat (0.5g sat. fat), 320mg sodium, 10.5g carbs, 3.5g fiber, 4g sugars, 3.5g protein

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Prep: 20 minutes



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Ingredients

One 15-oz. can early/young peas, drained
4 oz. (about 1/2 cup) mashed avocado
1/4 cup fat-free plain Greek yogurt
1 tbsp. plus 1 tsp. lime juice
1/2 tsp. minced garlic
1/4 tsp. salt, or more to taste
1/8 tsp. black pepper, or more to taste
1/8 tsp. ground cumin
1/8 tsp. chili powder
1/3 cup chopped cherry or grape tomatoes
1/4 cup finely chopped onion
Optional: chopped fresh cilantro, chopped jarred jalapeños

Directions

Thoroughly mash peas in a medium-large bowl. (Or puree peas in a small blender or food processor and transfer to a medium-large bowl.)

Thoroughly mix in avocado, yogurt, lime juice, garlic, and seasonings.

Stir in tomatoes, onion and, if you like, optional ingredients. Enjoy!

MAKES 6 SERVINGS

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