



## Rockin' Roasted Corn Guac



1/8th of recipe (about 1/3 cup): 75 calories, 2.5g total fat (<0.5g sat. fat), 212mg sodium, 11.5g carbs, 3g fiber, 4g sugars, 3g protein

**Prep:** 20 minutes    **Cook:** 10 minutes

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### Ingredients

1 cup frozen sweet corn kernels  
One 15-oz. can early/young peas, drained  
4 oz. (about 1/2 cup) mashed avocado  
1/4 cup plain fat-free Greek yogurt  
1 tbsp. plus 1 tsp. lime juice  
1/2 tsp. chopped 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  
3/4 cup chopped cherry or grape tomatoes  
1/4 cup finely chopped onion  
Optional: chopped fresh cilantro, chopped jarred jalapeño slices

### Directions

Bring a skillet sprayed with nonstick spray to high heat. Cook and stir corn until thawed and slightly blackened, about 8 minutes.

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.) Add avocado, yogurt, lime juice, garlic, and seasonings. Thoroughly mix.

Stir in tomatoes, onion, and cooked corn.

#### MAKES 8 SERVINGS

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