



Legume Guacamole

Prep Time: 15 minutes • Cook Time: 10 minutes •

Makes 1 1/2 Cups

Ingredients

1 cup frozen peas	2 tbsp light sour cream
1 ripe avocado	1 tbsp ground cumin
3 cloves garlic minced	1/2 tsp hot chili powder
1 jalapeno pepper seeded and coarsely chopped	1/2 tsp ground black pepper
1/4 cup coarsely chopped fresh cilantro	1/4 tsp salt
2 tbsp chopped onion	
3 tbsp lemon or lime juice	

Directions

1

In a small saucepan, bring 1/4 cup water to a boil over high heat. Add peas and return to a broil. Reduce heat to low, cover and simmer for 4 minutes. Remove from heat and let cool.

2

Peel avocado and scoop flesh into a food processor or blender. Add cooled peas (along with any remaining liquid from the pan), garlic, jalapeno, cilantro, red onion, lime juice, sour cream, cumin, hot chili powder, pepper, and salt; pulse until chopped. Blend for about 1 minute or until mostly smooth with some small bits remaining

Nutrition Bonus

While avocados contain a healthy type of fat, they do have a lot of it, which adds to the calorie content of a recipe. Substituting a legume that mimics the colour for some of the avocado helps to reduce the fat and still provides a smooth flavourful product.

Nutrition Facts

Serving size (1 1/2 tbsp): Calories 50, Fat 3.4g, Saturated Fat 0.5g, Sodium 76mg, Carbohydrate 5g, Fibre 2g, Protein 1g
Carbohydrate Choices: Less than 1