



Holy Moly Guacamole

PER SERVING (1/6th of recipe, about 1/3 cup): 78 calories, 3g fat, 320mg sodium, 10.5g carbs, 3.5g fiber, 4g sugars, 3.5g protein -- **PointsPlus™** value 2*

Prep: 20 minutes

Ingredients:

One 15-oz. can early/young peas, drained
1/2 cup mashed avocado (about 1 medium avocado's worth)
1/4 cup fat-free plain Greek yogurt (like Fage Total 0%)
4 tsp. lime juice
1/2 tsp. minced garlic
1/4 tsp. salt
1/8 tsp. black pepper
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, additional salt and black pepper

Directions:

Place drained peas in a medium bowl and mash thoroughly with a potato masher or fork. (Or puree peas in a small blender or food processor and transfer to a medium bowl.) Add avocado, yogurt, lime juice, garlic, and seasonings. Continue to mash until blended.

Stir in tomatoes, onion and, if you like, some cilantro and/or jalapeños. Season to taste with additional salt and pepper (optional). Enjoy!

MAKES 6 SERVINGS



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