

Edamame Guacamole

Ingredients:

1 cup frozen shelled edamame, thawed
1 small, ripe avocado, peeled and pitted
1 chipotle pepper in adobo, finely chopped (optional)
1/3 bunch cilantro
1/4 white onion, roughly chopped
Juice of 2 limes
2-3 TBSP water
1 can stewed chopped tomatoes or 1 fresh chopped tomato (optional)
Salt and pepper to taste

Method:

Put edamame, avocado, chipotle, cilantro, onion and lime juice in a food processor and pulse until almost smooth. Add enough water to make a creamy consistency and pulse again. Stir in stewed chopped tomatoes or fresh chopped tomatoes. Transfer to bowl and season with salt and pepper as desired.

Per serving (2TBSP)
Calories: 50
Fat: 3 grams
Saturated Fat: 0 gram
Carbohydrate: 5 grams
Sugar: 1 gram
Fiber: 2 grams
Protein: 4 grams