

*Enjoy!*

## NO-GUILT GUACAMOLE

### MATERIALS

Medium-size bowl  
Rubber spatula  
Food processor (optional)

### YIELD

Twenty 2-tablespoon servings

DISH: **SIDE**

FOOD GROUP(S):  
**VEGETABLE**

### INGREDIENTS

3 avocados  
1/2 cup frozen black-eyed peas, thawed  
1/2 cup frozen peas, thawed  
2 tablespoons lime juice  
1 medium tomato, diced  
1/2 cup onion, chopped  
2 cloves garlic, minced  
1 to 2 tablespoons fresh cilantro leaves, chopped (optional)  
1 small jalapeño pepper, seeded and diced  
1/2 teaspoon ground cumin  
Salt and pepper



### NUTRITION FACTS PER SERVING

Calories: 40, Total fat: 3g, Sodium: 40mg, Cholesterol: 0mg,  
Total carbohydrates: 3g, Fiber: 2g, Protein: 1g

## DIRECTIONS

1. Scoop avocado flesh into a bowl.
2. Add black-eyed peas, peas, lime juice, tomato, onion, garlic, cilantro, jalapeño, and cumin.
3. Add salt and pepper to taste.
4. Blend or process until smooth or desired consistency.

## CHEF'S NOTES

- ▷ Avocados offer nearly 20 vitamins and minerals in every serving, including potassium (helps control blood pressure), lutein (good for your eyes), and folate (crucial for cell repair and during pregnancy).
- ▷ Avocados are a good source of B vitamins, which help you fight off disease and infection. Avocados also have vitamins C and E, plus natural plant chemicals that may help prevent cancer.
- ▷ Avocados are low in sugar and they contain fiber, which helps you feel full longer. In one study, people who added a fresh avocado half to their lunch were less interested in eating during the next 3 hours.
- ▷ Adding black-eyed peas and green peas to this recipe increases the fiber content and “bulks up” the recipe with lower-calorie nutritious food, reducing the overall calorie count per serving.
- ▷ Remember to practice portion control, even with healthy alternatives.

Recipe selected from the *2013 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>.

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