

Green Garbanzo Guacamole

Makes about 2 cups

Slightly sweeter than the canned variety you might be used to, green garbanzo beans have a fresh flavor similar to peas. Serve this extra-green guac with raw veggies and baked tortilla chips or baked whole grain pita chips.



Ingredients:

- 2 cups cooked green garbanzo beans
- 1 clove garlic, halved
- 1 avocado
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- 1/2 teaspoon fine sea salt
- 1 Roma tomato, seeded and chopped
- 1 tablespoon minced jalapeño pepper

Method:

Place beans and garlic in a food processor and pulse until coarsely chopped but not puréed. Transfer to a medium bowl and add avocado, cilantro, lime juice and salt. Mash until evenly blended. Stir in tomato and jalapeño. Keep chilled until ready to serve.

Nutritional Info:

Per Serving: Serving size: 2 tablespoons, 40 calories (20 from fat), 2g total fat, 0g saturated fat, 0mg cholesterol, 80mg sodium, 4g carbohydrate (2g dietary fiber, 0g sugar), 1g protein