



Green Pea Guacamole

INGREDIENTS:

4 cups	Thawed frozen peas
5 ripe	Avocados, peeled, pitted, and fork mashed
1 tsp.	Salt
1/4 cup	Lime juice
2 cups	Seeded finely diced Roma tomatoes
1 bunch	Finely cut green onions
2 T.	Finely chopped garlic, sautéed lightly
1/3 cup	Finely chopped cilantro

PREPARATION:

- Place peas and lime juice in a food processor and chop until very smooth (may take 2-3 minutes)
- Combine peas with other ingredients and mix well.
- Cover with plastic wrap and make contact with the surface of the guacamole to prevent discoloration.
- Serve ASAP

Number of Servings: 70

Serving Size: 1 tablespoon

Calories: 31

Fat grams: 2

