

Veggie Guacamole

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/Guacamole.aspx>

Ingredients

- 2 ripe avocados, peeled and pitted
- Juice of 1 lemon
- 1 large tomato, seeded and diced
- 1 cup canned black beans, drained
- 1 cup cooked corn (canned, fresh, or frozen)
- 1/2 teaspoon minced garlic
- 1 tablespoon green onion, chopped
- 1 teaspoon jalapeño peppers, chopped (optional)

Instructions

1. Mash avocados in a bowl.
2. Add lemon juice and salt, then mix in the remaining ingredients.

Makes 14 servings (*1/4 cup per serving*)

Nutrition information per serving:

Calories 77

Carbohydrate 8 g

Dietary Fiber 3 g

Sugars 0 g

Protein 2 g

Total Fat 5 g

Saturated Fat 1g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 34 mg



Wellness Center