



From the Kitchen of Executive Chef Jessica VanRoo

Pea Guacamole

Serves 8

218 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Adding peas to guacamole adds fiber and vegetable protein to mashed avocados, making it more filling as well as nutritious. Peas are a good source of vitamin C, zinc and other nutrients that help boost your immunity, something we all need right now!

You can serve it as a dip with vegetables or chips. You can also use it as a substitute for the smashed avocado taco topping.

Total cost: \$15.48/\$1.94 per serving

Ingredients

- 1 cup of English peas, defrosted if frozen
- 6 green onions
- 4 garlic cloves
- 1 tablespoon avocado oil
- 4 ripe avocados
- 2 limes, juiced
- 1 cup cilantro
- 2-4 jalapeños (optional)
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Chips to serve

Instructions

1. Bring a pot of water to boil and cook peas for 1 minute, strain and place in a bowl of ice water to stop the cooking process. Drain peas again and set aside.
2. In a food processor, blend green onions and garlic, slowly drizzling the avocado oil until thoroughly mixed. Add cooked peas, avocado, lime, cilantro, jalapeños and cumin, blending to desired consistency.
3. Serve pea guacamole with chips or fresh vegetables. (It will stay green for 2-3 days in the refrigerator.)