Baby Carrots with Chickpea Guacamole

Source: Adapted from Mary McDougall of the McDougall Program, www.drmcdougall.com

Adding chickpeas to your guacamole will reduce the amount of fat, without sacrificing flavor! Serve with baby carrots or other vegetables.

About the Recipe

89 Calories · 3.9 g Protein · 3.6 g Fiber
Snack
Gluten-free · Nut-free

Ingredients

Makes 4+ Servings

- 1 15-ounce can chickpeas, rinsed and drained
- 1 clove garlic, crushed
- 1 tbsp. lemon juice
- 1 medium onion, chopped
- 1/2 small avocado, peeled and chopped
- 1 medium tomato, chopped
- 4 green onions, thinly sliced
- 1 tbsp. canned chopped green chilies or fresh serrano pepper

Directions

1. Place the chickpeas in a food processor or blender. Add 1 tbsp (14 mL) of lemon juice and garlic. Process briefly, until the chickpeas are slightly crushed.
2. Add the onion and avocado.

3. Place the mixture in a bowl and add the chopped tomato, sliced green onions, and chopped chilies. Mix well.

Nutrition Facts

Per serving (1/4 cup)

Calories: 89
Fat: 2.6 g
Saturated Fat: 0.3 g
Calories from Fat: 26.3%
Cholesterol: 0 mg
Protein: 3.9 g
Carbohydrates: 13.7 g
Sugar: 1.6 g
Fiber: 3.6 g
Sodium: 10 mg
Calcium: 30 mg
Iron: 1.3 mg
Vitamin C: 6.8 mg
Beta-Carotene: 127 mcg
Vitamine E: 0.5 mg