Mockamole

Source: Vegan Kickstart

The peas in this guacamole help to lower the fat content, and they are also rich in cancer-fighting fiber. Fiber helps your body get rid of excess cholesterol and cancer-causing compounds, which are otherwise reabsorbed back into your bloodstream. Despite the addition of peas, this guacamole derives a good portion of its calories from fat. However, the total fat grams and calories are still quite low and when eaten with baked chips, and as part of a low-fat, plant-based diet, overall fat intake will be within the recommended range.

About the Recipe

45 Calories · 1.3 g Protein · 2.1 g Fiber
Snack

Ingredients

Makes 10 Servings

- 1 c (134 g) drained and rinsed canned green peas, or fresh or frozen green peas
- 1 ripe avocado
- 1/2 c (120 mL) mild salsa
- 1 clove garlic, minced or pressed
- 1 green onion, thinly sliced (optional) **optional*
- 3 tbsp (45 mL) fresh lemon juice, or to taste
- 1/2 tsp (2.5 mL) ground cumin
- 1 tbsp (15 mL) minced fresh cilantro (optional) **optional*
- 1/4 tsp (1.2 mL), or to taste iodized salt
- 1/4 tsp (1.2 mL), or to taste ground black pepper

Directions

1. If peas are not already thawed, blanch them by placing them in boiling water for 2 minutes to soften.

2. Drain peas and immediately shock with cold water to prevent further cooking. Drain and place in either a mixing bowl or food processor.
3. Cut the avocado in half from stem to bottom. Remove the pit and use a spoon to scoop out the inside.
4. For a chunky guacamole, mash avocado and peas together using a potato masher or fork. If a creamy texture is desired, use a food processor.
5. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using).
6. Add salt and black pepper to taste.
7. Notes: Guacamole is best when consumed on the same day. To prevent leftovers from turning brown, cover the guacamole with plastic wrap pressed against it in the refrigerator, and it will keep for up to one day. You can add 1 tbsp (15 mL) of fresh, minced cilantro and a thinly sliced green onion if desired.

Nutrition Facts

Per serving:

Calories: 45

Fat: 2.7 g

Saturated Fat: 0.4 g

Calories From Fat: 53.5%

Cholesterol: 0 mg

Protein: 1.3 g

Carbohydrate: 4.9 g

Sugar: 1.3 g

Fiber: 2.1 g

Sodium: 227 mg

Calcium: 12 mg

Iron: 0.5 mg

Vitamin C: 6.1 mg

Beta-Carotene: 118 mcg

Vitamin E: 0.5 mg