

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

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

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