

# Baby Carrots with Chickpea Guacamole

Source: Adapted from Mary McDougall of the McDougall Program, [www.drismcdougall.com](http://www.drismcdougall.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