

## C's Green Pea Guacamole

### **Ingredients:**

- 1 10 ounce package frozen green peas**
- 1 cup peeled, cubed avocado**
- 1/2 cup lowfat sour cream**
- 1/4 cup chopped green onions**
- 2 Tbsp. chopped fresh cilantro**
- 1 1/2 Tbsp. fresh lime juice**
- 1 Tbsp. drained, canned chopped green chiles**
- 1/4 tsp. salt**
- 1/8 tsp. tsp. pepper**
- 1 small clove garlic, peeled**

### **Directions:**

- 1. Cook peas according to package directions; drain**
- 2. Place peas and all remaining ingredients in a food processor or use a mixer and process until smooth**
- 3. Spoon into a bowl; cover and chill**

**Each serving = 0.6 grams fat**