

### **Lima Bean Guacamole with Spiced Pita Chips**

2 medium plum tomatoes, coarsely chopped (about 1 cup)

1 medium, ripe avocado, pit removed, and flesh cut into ½ inch cubes

1 cup frozen lima beans (about 5 oz)

3 tbsp fresh lime or lemon juice

2 tbsp reduced fat mayonnaise

1/2 tsp Salt

¼ cup coarsely chopped fresh cilantro leaves

1 medium jalapeno, stemmed and seeded and coarsely chopped

2 tbsp minced red onion

3 medium garlic cloves

1 tsp ground cumin

Ground black pepper

1. Place the tomato in a small colander and set aside to drain.
2. Bring 4 cups water to a boil. Add frozen lima beans and cook until tender, about 5 minutes. Drain and rinse under cold water until cool.
3. In a food processor, place lima beans, lime or lemon juice, mayonnaise, salt, cilantro, jalapeno, red onion, garlic, cumin and black pepper. Puree until smooth, about 1 ½ minutes.
4. Place the cubed avocado and drained chopped tomato in a small bowl. Add the pureed lima bean mixture and stir gently to combine. Season to taste with black pepper.
5. Garnish with additional chopped cilantro if desired.

Makes 2 cups; serving size: ¼ cup

Cal: 70

Pro: 2 g

Fat: 4 g

CHO: 8 g

## **Spiced Pita Chips**

¼ cup canola oil  
2 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground cayenne pepper  
1 tsp garlic powder  
½ tsp freshly ground black pepper  
½ tsp salt  
6 whole wheat pita breads

1. Preheat oven to 375F.
2. Combine the oil and spices in a large bowl. Using a pastry brush, coat each pita bread with spices. Cut pita breads in to 8 wedges each.
3. Spread the wedges in a single layer on two baking sheets and bake, tossing once, until the pitas are brown and crisp, about 8-10 min. Let cool completely before serving.

Serving Size: 4 wedges

Cal: 104

Pro: 2 g

Fat: 6 g

CHO: 13 g