GREEN PEA GUACAMOLE

10 minutes
12 servings

Ingredients:
• ¼ c. chopped cilantro
• 1 (16-oz) bag frozen green peas, thawed
• 1 avocado, peeled, pitted, and chopped
• 4 green onions, sliced
• 3 cloves garlic
• 4 – 6 Tbsp. lime juice

Directions:
• Add ingredients to food processor and purée until smooth
• Optional garnish with cilantro

Did you know? Peas were dried before eating until the 16th century when they were eaten and cooked fresh. Today you can buy peas frozen, canned, or fresh, but only about 5% are sold fresh.

Benefits: Unlike most fruits, avocados have a fat content of 70%-80%, but they provide a healthy source of monounsaturated fats, in addition to being rich in carotenoids, which have antioxidant effects.

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