

## Edamame Guacamole

This nourishing twist on classic guacamole has a slightly rustic texture, thanks to protein- and fiber-rich edamame, with avocado adding just enough creaminess to bring it all together. The combination of plant-based protein, fiber and healthy fats helps promote fullness, steady energy and overall wellness, making it a satisfying dip for an appetizer or snack.

**Prep time:** 15 minutes

**Serves:** 4-6

### Ingredients

- 4 cups water
- 1 cup frozen, shelled edamame
- 2 medium ripe avocados, pitted and peeled
- 1 small jalapeno, seeds removed and roughly chopped
- 2-3 tablespoons fresh lime juice
- ½ teaspoon salt
- 2-3 tablespoons freshly chopped cilantro



*Optional for serving:*

- Tortilla chips
- Sliced vegetables such as carrots, cucumber, radish, or bell pepper

### Instructions

1. Bring 4 cups of water to a boil in a medium saucepan. Add the frozen, shelled edamame, reduce heat and simmer for approximately 5 to 7 minutes. Or cook in the microwave according to package instructions. Once the edamame is fully cooked, drain and rinse with cold water to allow edamame to cool down. Set aside.
2. Place the cooled edamame, avocado, jalapeno, lime juice, and salt in a food processor and pulse until well-mixed. Alternatively, you can place the ingredients in a medium-sized bowl and mix with an immersion/stick blender or mash with a potato masher.
3. Add cilantro then taste and adjust seasonings as desired.
4. Serve with tortilla chips or fresh vegetables for dipping.