

## Snack

**Source:** epicurious.com

**Yield:** Makes 2 cups; Serving Size: 2 Tbsp.

**Prep time:** 30 Minutes

Calories: 25; Total fat: 2 g; Carbohydrates: 1 g;

Dietary fiber: 1 g; Protein: 1 g

### Ingredients:

- 1 c. frozen edamame beans, thawed
- 1 c. fresh broccoli florets
- 1 c. avocado, chopped
- 1 Tbsp. plus 1 tsp. fresh lime juice
- 1/2 tsp. garlic, minced
- 1/4 tsp. jalapeño, minced
- 2 Tbsp. tomato, chopped and seeded
- 1 Tbsp. red onion, minced

## Edamame Guacamole

- 1 Tbsp. green onions, thinly sliced
- 1 1/2 tsp. fresh cilantro, chopped
- 1/2 tsp. kosher salt
- Pinch freshly ground black pepper



## Directions:

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- 1. BRING** a medium pot of water to a boil. Prepare an ice bath and set aside.
- 2. COOK** the edamame beans at a rolling boil until tender, 10 to 11 minutes. Drain the beans into a strainer and shock in the ice bath. Drain well.
- 3. PUREE** the avocado, lime juice, garlic, and jalapeño in a food processor at high speed. Add the edamame beans and the process on high speed.
- 4. MEANWHILE**, cook the broccoli at a rolling boil until tender, 7 to 8 minutes. Drain the broccoli and shock in the ice bath. Drain well and pat dry.
- 5. ADD** the broccoli to the edamame mixture and process on high speed until very smooth, scraping down the sides of the bowl as needed to incorporate all the ingredients.
- 6. TRANSFER** the mixture to a medium bowl and fold in the remaining ingredients, mixing with a rubber spatula until well incorporated.
- 7. TRANSFER** the guacamole to an airtight container and refrigerate until chilled, about 1 hour, before serving with accompaniment of choice. (The guacamole will keep in the refrigerator for up to two days.)