

 **Prep:** 20 minutes
 **Cook:** 0 minutes
 **Servings:** 9

Black Bean Guacamole

INGREDIENTS

5 avocados, *diced*

3 scallions, *chopped*

2 limes, *juiced*

½ cup tomatoes, *chopped*

1 Tbsp cilantro, *chopped*

1 can (~15 oz) Black Beans, any variety,
drained and rinsed

Salt and black pepper to taste

Assorted dippers such as toasted
whole-wheat pita bread triangles or

Multi-grain tortilla chips

DIRECTIONS

1. Place avocados, scallions and lime juice into large bowl.
2. Mash avocados to coarse puree.
3. Stir in tomatoes, cilantro and beans.
4. Season with salt and pepper. Serve immediately with assorted dippers such as toasted whole-wheat pita bread triangles or multi-grain tortilla chips.

Nutrition Information (per serving, including 10 multi-grain tortilla chips)

Calories 403

Total Fat 28g

Saturated Fat 5g

Carbohydrate 44g

Fiber 14g

Sugars 2g

Protein 11g

Calcium 58mg (4%)

Iron 2mg (13%)

Potassium 1,994mg
(42%)

