

Mockamole

Makes 2 1/2 cups (10 1/4-cup servings)

If you long for your favorite south-of-the-border dip but don't want the fat of avocado, try this reduced-fat version of guacamole. You can use either green peas or green beans for part of the avocado. Green peas will give this dip a slightly sweet flavor that we found especially appealing.

The peas in this guacamole help to lower the fat content and they also add cancer-fighting fiber.



1 cup drained and rinsed canned green peas, or 1 cup fresh or frozen green peas
1 ripe avocado, peeled
1/2 cup mild salsa
1 garlic clove, finely chopped, or 1 teaspoon chopped garlic
1 green onion, chopped (optional)
juice of 1 lemon
1/2 teaspoon ground cumin
1 tablespoon chopped fresh cilantro (optional)
salt, to taste
black pepper, to taste

If using fresh or frozen peas, blanch peas in boiling water for 2 minutes, then cool with cold water and drain. Cut avocado into large chunks. Mash avocado and peas together using a potato masher or fork, or, if a very creamy texture is desired, in a food processor. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using). Add salt and black pepper to taste.

Per 1/4-cup: 45 calories; 2.7 g fat; 0.4 g saturated fat; 53.5% calories from fat; 0 mg cholesterol; 1.3 g protein; 4.9 g carbohydrate; 1.3 g sugar; 2.1 g fiber; 227 mg sodium; 12 mg calcium; 0.5 mg iron; 6.1 mg vitamin C; 118 mcg beta-carotene; 0.5 mg vitamin E

Recipe from The Survivor's Handbook, The Cancer Project