

Kale and Edamame Guacamole

This version of guacamole has added protein and veggies.

INGREDIENTS:

- 4 avocados
- 2 cups shelled edamame
- 2 cups kale, spines removed and chopped
- ½ cup lime juice
- 1 red bell pepper, diced
- ¼ cup red onion, diced
- 2 garlic cloves, minced
- 2 teaspoons salt



INSTRUCTIONS:

1. Cut avocados in half, remove pit, and scoop flesh into a food processor. Add edamame, kale and lime juice and pulse until desired consistency.
- 2 Add bell pepper, onion, garlic and salt to processor and pulse until just combined.

Get more servings of vegetables by serving with carrot and celery sticks and your favorite salsa.

