



Split Pea Guacamole



Ingredients



- 1 cup dry green split peas
- 1 tsp. minced garlic
- 1/4 cup lime juice (about 1 lime)
- 1/2 tsp. cumin
- 1/2 cup chopped cilantro
- 1/8 tsp. hot sauce (optional)
- 1 medium tomato, chopped
- 1 small onion, chopped
- Salt and pepper to taste



Directions



Yield: 4 servings Serving size: 3/4 cup

Total cost: \$2.75 Serving cost: \$0.69

1. In a small sauce pan, bring 2 cups of water and split peas to a boil. Then simmer 25-30 minutes until soft. Remove from heat and strain out any excess water.
2. In a small bowl, mash split peas down with fork until smooth. Mix in garlic, lime juice, cumin, cilantro, and hot sauce. Then, mix in chopped tomato and onion. Salt and pepper to taste.
3. Cover and refrigerate for at least 30 minutes to allow flavors to blend.

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Fast Facts



Featured Food Groups



Cooking Tips



- The longer the split peas cook, the easier they will be to mash.
- Eat as a snack with tortilla chips or serve on quesadillas, tacos, or sandwiches.

Nutrition Facts

4 servings per container

Serving size 3/4 cup

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 11g	39%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.62mg	8%
Potassium 470mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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