



Makes 2 cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup shelled edamame
1 cup broccoli florets
Zest of 1 lime and juice of 2 limes
2 Roma tomatoes, diced
½ small red onion, peeled and diced small
¼ cup finely chopped cilantro
1 clove garlic, peeled and minced (about 1 teaspoon)
Salt to taste
1 pinch cayenne pepper, or to taste

Not-So-Fat Guacamole

Fat-free guacamole has been around in one form or another for a while. Most recipes taste good, but you can often tell they're not made with avocados, the traditional primary ingredient. While I can't promise that my dip recipe tastes just like the original version, this healthy alternative uses both broccoli and edamame to fool the taste buds just a little more. Serve this low-fat version of the very popular Mexican condiment wherever you would serve traditional guacamole, such as with enchiladas, burritos, or as a snacking dip for vegetables.

Find this Mexican recipe and more in the [Forks Over Knives Recipe App](#).

By Del Sroufe

- 1 Place the edamame in a medium saucepan and add water to cover. Bring to a boil and cook for 5 minutes. Drain and rinse the edamame until cooled.
- 2 Steam the broccoli in a double boiler or steamer basket for about 8 minutes, or until very tender. Drain and rinse the broccoli until cooled.
- 3 Add the edamame and broccoli to a food processor and puree until smooth and creamy. Add water if needed to achieve a creamy texture. Put the pureed mixture into a bowl and add the lime zest and juice, tomatoes, onion, cilantro, garlic, salt, and cayenne. Mix well and chill until ready to serve.