Skinny Guacamole; From EatingWell

This delicious guacamole recipe replaces half the amount of high-calorie avocado in a traditional guacamole recipe with a stealth, low-calorie vegetable—zucchini—to cut 100 calories and 6 grams of fat so we can eat more guacamole with fewer calories. We use the microwave to cook the zucchini until it’s very tender, but you can steam it on the stovetop if you prefer.

Ingredients

1 large zucchini, cut into 1/2-inch cubes

1 large ripe avocado, cubed

1/4 cup coarsely chopped fresh cilantro

1/4 cup finely chopped onion

2 cloves garlic, minced

2 tablespoons lime juice

1/2 teaspoon hot sauce, such as Tabasco, or more to taste

1/4 teaspoon salt

Preparation

1.Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on High until tender, 4 to 5 minutes. Drain in a sieve, pressing lightly on the zucchini to extract any liquid.

2.Transfer the zucchini to a large bowl; add avocado, cilantro, onion, garlic, lime juice, hot sauce and salt and coarsely mash until combined.

**Tips & Notes**

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Nutrition

Per serving: 96 calories; 8 g fat ( 1 g sat , 5 g mono ); 0 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 2 g protein; 4 g fiber; 167 mg sodium; 409 mg potassium.

Nutrition Bonus: Vitamin C (27% daily value)

Carbohydrate Servings: 1/2

Exchanges: 1 vegetable, 1 1/2 fat

4 servings, about 1/2 cup each Active Time: 20 minutes Total Time: 20 minutes