

Simple Zesty Guacamole

Guacamole can be simple or complex. Customize this dish to your taste by adding chopped vegetables or fruit – try mango or pineapple for a sweet kick! Serve with cut-up veggies or try as a spread on sandwiches instead of mayo. Yield: 10-12 servings

Ingredients:

3	Avocados, ripe
1	Lime, juiced
2-3 cloves	Garlic, minced
1	Jalapeno pepper, minced
¼ cup	Red onion, minced
¼ cup	Cilantro, chopped
1	Plum tomato, chopped
To taste	Salt and pepper

Instructions:

1. Gather all ingredients and equipment.
2. Carefully cut avocados in half, remove pit, and scoop flesh out with a spoon. Squeeze lime juice over avocado. Using a fork, mash avocado (for best results, leave some small chunks; don't over-mix).
3. Stir in rest of ingredients. (Note: If you're unsure about spiciness level of the jalapeno, use half, taste, and then add more based on preference. If you like a spicier guacamole, use more or consider using a different pepper, such as a serrano).
4. Serve immediately, or cover in an air-tight bowl (if using plastic wrap, press down over surface and push out air bubbles, which will cut down on browning) and refrigerate until ready to serve.

Variations:

- **Super Greens** – Add a bunch of kale or spinach (finely chopped).
- **Black Bean and Pineapple** – Add a can of drained black beans and diced fresh pineapple.
- **Feta Cheese and Sun-Dried Tomatoes** – Give your guacamole a Mediterranean twist!
- **Fajita Veggie** – Broil or grill corn, peppers, and onion before chopping and mixing.

White Bean Dip (Bessara)

This tasty, nourishing dip is classically made with fava beans but can be made with any white bean. The dip is similar to hummus but is considered a lighter, more flavorful option. It can be served with pita but is also great with raw vegetables such as carrots, celery, and bell pepper slices.

Yield: 6 Servings

Ingredients:

2 cloves	Garlic, minced
½ large	Onion, chopped
3 cups	Beans*, cooked, drained, and rinsed
¼ cup	Parsley, fresh, rough chopped
1-2 tsp.	Moroccan spice blend
1 Tbsp.	Extra virgin olive oil
To taste	Salt
	Spice blend, parsley leaves to garnish
To serve	Sliced pita bread or sliced raw vegetables

*Bean options:

- Dried beans tend to have the best, most authentic flavor! [Try 12 oz. of dried, peeled fava (or broad), butter, lima, or white kidney (cannellini) beans.] Place dried beans in a bowl and cover with several inches of cold water. Leave to soak at least 8 hours or overnight.
- Little prep is required with two 10-oz. cans of lima, butter, white kidney (cannellini), or garbanzo beans.
 - Frozen, shelled edamame works too (thaw and/or microwave to cooked directions).

Instructions:

1. In a warm nonstick skillet, sauté garlic and onion until they're fragrant and softened. Add spice blend and stir. Remove from heat.
2. Place all ingredients except salt and garnish in a food processor or blender. Process until mixture is coarsely puréed. Add salt to taste.
3. Garnish with a dash of additional spice blend or parsley sprigs. Serve at room temperature or chilled alongside sliced pita bread or raw vegetables.

Nutrition Facts per 1/3 cup serving

Calories 185 | Carbohydrate 18 g | Protein 8 g | Fiber 7 g

Creamy Dill Dressing

This delicious take on classic Ranch dressing is high in protein and fiber – and making it from scratch takes a lot less time than you might think!

Ingredients:

½ cup	Buttermilk
1/2 cup	Greek yogurt, plain
½ cup	Chickpeas, drained
1 Tbsp.	Apple cider vinegar
1 tsp.	Garlic powder
1 tsp.	Worcestershire sauce
2 Tbsp.	Italian parsley, chopped
1 Tbsp.	Chives, minced
½-1 Tbsp.	Dill, fresh (or ½ tsp dried)

Instructions:

1. Gather all ingredients and equipment.
 2. In a food processor or blender, combine all ingredients and purée on low speed until they're thoroughly mixed. Season to taste with salt and pepper if needed.
 3. Store, covered, in refrigerator for up to 7 days.
- Tip: It will taste best after 6-8 hours in the refrigerator!

Recipe adapted from Sunny Anderson: foodnetwork.com/recipes/sunny-anderson/southwest-quesadilla-with-cilantro-lime-sour-cream-recipe.html

Nutrition Facts

Servings: 32

Per Serving

Calories 54

Total Fat 2.5g

Saturated Fat 1.7 g

Trans Fat 0 g

Cholesterol 6 mg

Sodium 94 mg

Potassium 86 mg

Total Carb 2.8 g

Dietary Fiber 0.1 g

Protein 5.3 g

Nutrition Facts

Servings: 32

Vitamin A 2% · Vitamin C 2%

Calcium 5% · Iron 0%

Based on a [2,000-calorie diet](#)

Cost per serving: \$0.09