



# ! Holy Guacamole !

Awesome, Lower Fat & Calorie Guacamole... Cut With Oven Roasted Zucchini

I know that for SOME folks in the new plan... Avocados are 0 points, but not for all of us. Regular guacamole recipes are a dime a dozen online, even a monkey with a stick can put plain batch together. So... I thought I'd challenge myself and make a Guacamole recipe that's still 'low' for the rest of us. A Mexican friend of mine, mentioned that when Avocado prices get really high, he cuts his guacamole with some roasted, pureed zucchini. Intrigued, I modified the highest rated recipe from the food network, to use zucchini and still be "smack yo' abuelita" good.

## Ingredients:

- 15oz zucchini (around 3 medium) rough chopped
- 1 tsp salt
- 3/4 tsp cumin
- 2-3 garlic cloves (to taste)
- 3/4 cup finely diced onion
- 3/4 cup roma tomatoes, seeds removed, diced
- 15oz avocado flesh (around 3 medium)
- 2 Tbsp lime juice
- 1/4 cup fresh cilantro, finely chopped

## Serving Info.:

Yields: 5-1/2 cups  
Serving Size: 1/4 cup  
Servings: 22



Range

0-1

- last checked 12/03/21 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat your oven to 375 degrees and line a baking pan with foil. Lightly spray the pan with cooking spray, then set aside.
- 2 Quarter and slice the zucchini into 1/4 wedges, spray with cooking spray, then roast for 18 minutes at 375 degrees. Do not season the zucchini. Remove from oven and place into a food processor with the salt, cumin and garlic. Process until smooth, set aside.
- 3 Slice and remove the seeds from your tomato, then dice the tomato and onion. Set aside.
- 4 Scoop the flesh out of your avocado skins and place into a medium mixing bowl. Use a potato masher (or a large fork) to mash the avocado, while keeping them chunky.
- 5 Mix the tomatoes, onions, lime juice and cilantro into the avocado, till well combined.
- 6 Pour the zucchini puree into the avocado mash and mix. Cover with plastic wrap and store in the fridge for 1 hour, allowing the flavors to meld.
- 7 Remove from the fridge, taste, and add more salt, pepper, cumin, lime juice or cilantro, if needed.

## Note:

- This recipe makes a good amount of Guacamole, feel free to halve the recipe if desired. Most of my dips are made in a quantity that would allow them to be used for a party.
- This Guacamole is slightly creamier than regular Guacamole, due to the puree. It thickens slightly as it sets in the fridge.

