



# Fresh Zucchini Guacamole

Makes 10 servings

## Ingredients

- 3 medium zucchini
- 1 medium ripe avocado (slightly soft to the touch)
- 1 teaspoon garlic, minced (or 1/2 teaspoon garlic powder)
- 1 medium lemon, juiced (or 2 tablespoons lemon juice)
- 1 teaspoon salt (or to taste)

### Optional seasonings:

- 1/4 teaspoon cumin
- 2 packets stevia (or pinch of stevia or sweetener of choice to taste)
- 1 large Roma tomato, finely diced\*
- 1/2 medium red onion, finely diced\*
- 1/4 cup cilantro, finely chopped\*



*\*May substitute 1 cup store-bought fresh pico de gallo for the tomato, onion and cilantro.*

## Instructions

In a food processor or high-speed blender, blend together the avocado, zucchini, garlic, lemon juice and seasonings until just smooth (or until it reaches the texture you desire). Scoop into a bowl and stir in tomatoes, onion and cilantro (or simply stir in the pico de gallo). Garnish with additional cilantro and serve with freshly made tortilla chips (or store-bought baked chips) or homemade baked pita chips.

## Nutrition Facts

Serving Size: 1/2 cup; Calories 30; Total Fat 1g; Total Carbohydrates 4g; Dietary Fiber 2g; Sugar 1g; Protein 1g



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