

SPIDERWEB GUACAMOLE

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: Serves 8 (1/4 cup serving size)

Nutrition (per serving)

Calories: 155

Total Fat: 13 g

Saturated Fat: 2 g

Sodium: 80 mg

Total Carbohydrate: 12 g

Dietary Fiber: 3 g

Total Sugars: 2 g

Added Sugars: 0 g

Protein: 4 g

PREP TIME: 20 min



Ingredients

- 4 large avocados, mashed
- 1/3 cup chopped green onion
- ½ cup chopped ready to eat sun-dried tomatoes
- 1 Tablespoon fresh lime juice
- 1 clove garlic, minced
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- ¼ cup light sour cream or non-fat plain Greek yogurt



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Directions

1. In a medium sized bowl, add all of your ingredients and mix to combine.
2. Add avocado mixture to desired serving bowl.
3. To make the spiderweb: Add sour cream to a sandwich size zip lock bag, push all the sour cream towards one bottom corner of the bag, twist the top of the bag, then cut $\frac{1}{4}$ inch off the bottom corner to make your piping bag. Starting towards the outermost edge of the guacamole bowl, make a circle. Then gradually make smaller circles until you get to the center. Next, make straight lines from the center circle towards the outer bowl, making sure they are evenly spaced.
4. Serve with your choice of whole grain tortilla chips, carrot sticks, bell pepper strips, cucumber slices, or even sliced fresh zucchini!