

Edamame-Avocado Dip

This dip is super simple and packed with flavour! It's healthy, quick & inexpensive and packs quite the protein punch (1g protein per tablespoon)!

The two main ingredients are both nutrition powerhouses. Edamame are young soybeans, normally still in the pod, though this recipe calls for shelled edamame, which you can find in your grocer's freezer section. They are low in saturated fat but high in fibre and protein. Some people think they need to avoid avocado because of its high fat content but the fat contained in avocado is the heart-healthy monounsaturated type that your body needs. They are also packed with potassium, folate and deliver lutein and zeaxanthin, two phytochemicals that guard against cataract and macular degeneration.

Whip this dip up for your next potluck (or for a snack anytime!) and serve with baked tortilla chips or pita chips.

Ingredients

1 12oz pkg frozen shelled edamame, thawed
1 medium avocado, halved, seeded, peeled and cut up
¼ cup chopped onion
3 tbsp lemon juice
2 tbsp store-bought basil pesto
¾ tsp kosher salt (or sea salt)
¼ tsp freshly ground pepper
Chopped tomato (optional)
Pita chips or tortilla chips



Preparation

1. In a food processor, combine edamame, avocado, onion, lemon juice, salt & pepper. Cover and process until well combined, and nearly smooth.
2. Place dip into an airtight container; cover. Chill until serving time.
3. To serve, top with tomato and additional salt & pepper. Serve with pita or tortilla chips. Makes 2 ½ cups dip – enough for 20 servings of two tbsp each.

Nutrition (per serving)

48 calories, 3g fat, 3g carbohydrates, 1g fibre, 1g sugar, 2g protein