
Edamame Guacamole

Description

Try this healthy and delicious take on guacamole using edamame (soybeans) and learn how to make your own chips by baking spinach tortillas.

Total time: 35 min Yield: 6 Servings

Ingredients

1 1/2 cup frozen edamame (thawed and shelled)
1 tsp garlic (minced)
1 tsp ginger (minced)
2 tsp Tabasco sauce
3 ripe avocados (peeled, pitted, and small diced)
1 lime (juiced)
1/2 cup cillantro (chopped)
salt
fresh ground black pepper
1 pkg spinach flour toritillas (10")
cooking spray

Prep Time: 35 min Total Time: 35 min

Instructions

Put edamame, garlic, ginger and Tabasco in the food processor and pulse until finely chopped but not smooth. You want some texture in the edamame. Transfer the edamame mixture to a medium size mixing bowl and add the diced avocados, lime juice and cilantro; then season to taste with salt and pepper. Mix well to incorporate all the ingredients together. Transfer finished edamame guacamole into a serving bowl.

To prepare homemade green tortilla chips preheat the oven to 425° F and cut the spinach tortillas into your desired shape and size. Spread the tortilla pieces out in a single layer on two large baking sheets, spray with cooking spray then season with salt & pepper. Bake for 8 to 10 minutes until crisp. Serve as an appetizer.

Recipe brought to you by:

Chef Ryan Covert

Source:

