

Edamame Avocado Hummus

A rich, creamy avocado hummus without tahini! This vegan hummus is made with edamame, garlic, and lemon. Enjoy as a dip, healthy snack or sandwich spread!

YIELD: Serves 6 **PREP TIME:** 5 minutes **COOK TIME:** 5 minutes **TOTAL TIME:** 10 minutes



Ingredients:

- 1 1/2 cups frozen shelled edamame, thawed* (about 10 ounces)
- 1 medium ripe avocado (about 8 ounces)
- 2 cloves garlic
- Zest and juice of 1 large lemon (about 3 tablespoons fresh lemon juice)
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 3 tablespoons finely chopped fresh cilantro
- 3 tablespoons olive oil
- Pita chips and veggies, for serving

Directions:

1. In the bowl of a food processor fitted with a still blade, puree the edamame, avocado, garlic, lemon zest, lemon juice, kosher salt, black pepper, onion powder, and cilantro until evenly blended.
2. With the food processor running, drizzle in the olive oil and continue blending just until combined, about 5 additional seconds. Taste and add additional salt and pepper to taste. Serve with pita chips and veggies as desired.

**Purchase edamame that is precooked—you will be able to tell, because if you bite into it once it has thawed, it should be pleasant tasting and easy to chew. If the edamame is not precooked, prior to making the recipe, boil the edamame for 4 to 5 minutes in salted water or heat it in the microwave for 2-3 minutes until soft.*

Leftover Edamame Avocado Hummus can be stored in an airtight container with plastic pressed over the hummus' surface for 3-5 days. It may brown slightly, but will still taste delicious.

Nutrition Facts

Serving Size: 1 (of 6)

Amount Per Serving: Calories: 169, Total Fat: 13g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 285mg, Carbohydrates: 9g,

Fiber: 4g, Sugar: 1g, Protein: 5g

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