



Avocado Edamame Cilantro Lime Dip



prep time
10 minutes



total time
18 minutes



servings
8

Ingredients

- 10 ounces/300 grams frozen edamame pods ~ 5 protein, 5 carb servings
- 1 jalapeño pepper ~ 1 veggie serving
- 1 ripe avocado ~ 2 fat servings
- 1 clove garlic
- 1.5 limes (juiced)
- 1/4 cup chopped green onion
- 1/2 cup fresh cilantro plus extra to taste ~ 1/2 veggie serving
- 1 tsp salt
- 1/4 tsp cumin
- 1/4 teaspoon black pepper
- 1/4 cup avocado or olive oil ~ 4 fat servings

Instructions

- 1 In a small pot, bring 3 cups of water to a boil. Add frozen edamame and boil until tender, approx. 6-8 minutes. Drain, cool, and remove the soybeans from their pods.
- 2 Remove the stem and seeds from your jalapeño. For a spicier dip you can leave the seeds intact.
- 3 In a food processor, combine edamame, jalapeño, avocado, lime juice, green onion, cilantro, salt, and pepper. Pulse until finely chopped and mostly pureed, scraping down the sides once or twice as needed.
- 4 With the processor running, slowly drizzle in the olive oil. Once all mixed in, scrape down the bowl and then process for another 10 seconds or so. Add any extra needed/desired. Adjust seasoning to



taste and serve with your favorite sliced veggies and tortilla chips. Enjoy!

Whole Recipe Breakdown:

5 Servings Protein
5 Servings Carb
6 Servings Fat
1.5 Servings Veggies