



## SKINNY GUACAMOLE

Final Lifestyle

### INGREDIENTS

- 1 large zucchini, cut into 1/2-inch cubes
- 1 large ripe avocado, cubed
- ¼ cup coarsely chopped fresh cilantro
- ¼ cup finely chopped onion
- 2 cloves garlic, minced
- 2 TBS lime juice
- ½ TSP hot sauce, such as Tabasco, or more to taste
- ¼ TSP salt

### INSTRUCTIONS

—Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on High until tender, 4 to 5 minutes. Drain in a sieve, pressing lightly on the zucchini to extract any liquid.

—Transfer the zucchini to a large bowl; add avocado, cilantro, onion, garlic, lime juice, hot sauce and salt and coarsely mash until combined.

**SERVING INFO:** (Yields 4 servings)

½ cup = 1 FT

See recipe photo at [Instagram](#) and [Facebook](#).