



## SKINNY GUACAMOLE

Final Lifestyle

### INGREDIENTS

- 1 large zucchini, cut into 1/2-inch cubes
- 1 large ripe avocado, cubed
- 1/4 cup coarsely chopped fresh cilantro
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 2 TBS lime juice
- 1/2 TSP hot sauce, such as Tabasco, or more to taste
- 1/4 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)

1/2 cup = 1 FT