

Pineapple-Black Bean Guacamole

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Servings: 18

2 medium avocados, halved, seeded and peeled
1/4 cup bottled green salsa (salsa verde)
1 tablespoon sour cream
1/2 cup finely chopped fresh pineapple OR canned crushed pineapple, drained
1/2 cup canned black beans, rinsed and drained
1 fresh jalapeno chile pepper, seeded and minced
2 tablespoons red onion, finely chopped
2 tablespoons fresh cilantro, chopped
1 tablespoon garlic, minced
1 tablespoon lime juice
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/4 cup Monterey Jack cheese, shredded
fresh cilantro (optional)
tortilla chips (optional)

In a large bowl, mash the avocados.

Stir in the salsa and sour cream until combined.

Stir in the pineapple, beans, jalapeno, onion, cilantro, garlic, lime juice, salt and cumin.

Cover and chill for two hours or until ready to serve.

Sprinkle with the Monterey Jack cheese.

If desired, sprinkle the guacamole with fresh cilantro and serve with tortilla chips.

Yield: 18 two tablespoon servings

Per Serving (excluding unknown items): 51 Calories; 4g Fat (68.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.