Spicy Avocado Spread Recipe

**SERVINGS: 6**
**INGREDIENTS**1 ripe, medium-sized avocado
2/3 cup white or cannellini beans, rinsed and drained
2 generous sprigs of cilantro
1 ½ Tablespoons fresh lime juice (1-2 limes)
½ green jalapeño, seeds removed and chopped
½ teaspoon green Tabasco sauce
¼ teaspoon salt

**DIRECTIONS**

1. In a blender or food processor blend all ingredients until smooth and creamy
2. Dip vegetables into spread or use as a topping on chicken

**NUTRITIONAL ANALYSIS PER SERVING (3-4 tablespoons)**
Calories: 85
Fat: 5 grams
Protein: 2 grams
Carbohydrate: 8 grams
Fiber: 4 grams
Sodium: 105 mg
Sugar: minimal