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