

Herbal Legacy Recipes

Garbanzo Guacamole

Adapted from [Fat Free Vegan](#)

Ingredients:

2/3 c. canned garbanzo beans, drained
1 tbs. lemon juice
1 large clove garlic, halved
3/4 c. coarsely chopped onion
1/2 c. peeled, cubed avocado
2 tbs. canned chopped green chilies
1/4 tsp. salt
1/4 tsp. pepper
1 c. seeded, finely chopped tomato
1/2 c. finely chopped green onion

Directions:

Add garbanzo beans, lemon juice and garlic to food processor. Process 20 seconds, scraping sides of processor bowl once. Add onion, avocado, chilies, salt and pepper; pulse 5 times or until mixture is chunky. Transfer mixture to a medium bowl; stir in tomato and green onions. Cover and chill thoroughly. Serve with chips.