



Rockin' Roasted Corn Guac



1/8th of recipe (about 1/3 cup): 75 calories, 2.5g total fat (<0.5g sat fat), 212mg sodium, 11.5g carbs, 3g fiber, 4g sugars, 3g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 20 minutes **Cook:** 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 cup frozen sweet corn kernels
One 15-oz. can early/young peas, drained
4 oz. (about 1/2 cup) mashed avocado
1/4 cup plain fat-free Greek yogurt
1 tbsp. plus 1 tsp. lime juice
1/2 tsp. chopped garlic
1/4 tsp. salt, or more to taste
1/8 tsp. black pepper, or more to taste
1/8 tsp. ground cumin
1/8 tsp. chili powder
3/4 cup chopped cherry or grape tomatoes
1/4 cup finely chopped onion
Optional: chopped fresh cilantro, chopped jarred jalapeño slices

Directions

Bring a skillet sprayed with nonstick spray to high heat. Cook and stir corn until thawed and slightly blackened, about 8 minutes.

Thoroughly mash peas in a medium-large bowl. (Or puree peas in a small blender or food processor and transfer to a medium-large bowl.) Add avocado, yogurt, lime juice, garlic, and seasonings. Thoroughly mix.

Stir in tomatoes, onion, and cooked corn.

MAKES 8 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.