

# Guacamole with White Beans



## TIPS:

1. **Key Nutrition Facts:** Do you have enough fiber in your diet? Fiber is a great food source for beneficial bacteria (the "good guys") that live in the gut. Dietary fiber can also help lower cholesterol levels as well as improve sugar control for people with diabetes.

**Note:** Beans are better tolerated during the later phases of an IBD-AID diet. Increase your fiber consumption slowly and steadily while at the same time increasing water intake, as fiber can sometimes cause some uncomfortable bloating when added too quickly to your diet.

**Nutrition Content Per Serving** (1/4 of recipe listed here):

Calories: 147

Carbohydrates: 12g

Total Fat: 11g

Saturated Fat: 1.5g

Monounsaturated Fat: 6.7g

Polyunsaturated Fat: 1.3g

Protein: 3.6g

Total Fiber: 6.1g

Soluble Fiber: 1.8g

Insoluble Fiber: 4.3g

Folate: 79 micrograms

**2. About canned beans and salt:** As shown in the nutrition label comparison photos below, there's quite a difference in salt/sodium content between

regular (left label) and "sodium reduced" white beans (right label). I actually wasn't very comfortable using even the sodium reduced canned variety until I realized I could use them very easily by NOT adding any additional salt to the recipe. (You'll see that salt is not mentioned in the ingredients list below, though there certainly is an acceptable level of salt included in this recipe.)

Nutrition Facts/Datos De Nutrición	
Serv. Size/Tamaño por Ración 1/2 cup/1/2 taza (122g)	
Servings about/Raciones por Envase aprx. 7	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías	90 Fat cal./Calorías de Grasa 0
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Saturated Fat/Grasa Saturada	0g 0%
Trans Fat/Grasa Trans	0g
Cholesterol/Colesterol	0mg 0%
Sodium/Sodio	360mg 15%
Total Carb./Carbohidrato Total	10g 8%
Dietary Fiber/Fibra Dietética	6g 24%
Sugars/Azúcares	1g
Protein/Proteínas	6g
Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%	
Calcium/Calcio 4% • Iron/Hierro 10%	

Nutrition Facts/Datos De Nutrición	
Serving Size/Tamaño por Ración 1/2 cup/1/2 taza (122g)	
Servings Per Container about/Raciones por Envase aprx. 7	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías	110 Calories from Fat/Calorías de Grasa 0
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Saturated Fat/Grasa Saturada	0g 0%
Trans Fat/Grasa Trans	0g
Cholesterol/Colesterol	0mg 0%
Sodium/Sodio	115mg 5%
Total Carbohydrate/Carbohidrato Total	20g 7%
Dietary Fiber/Fibra Dietética	6g 22%
Sugars/Azúcares	1g
Protein/Proteína	6g
Vitamin A/Vitamina A 0% • Vitamin C/Vitamina C 2%	
Calcium/Calcio 8% • Iron/Hierro 8%	

3. Determining avocado ripeness and how to ripen an avocado: Avocados usually come to market underripe and firm. Avocados are ripe when you

can press on the avocado skin with your thumb using a little more pressure than you'd use to grip a pencil firmly (left photo) and leave an imprint as shown in circled area in the picture on the right.



To ripen firm avocados as quickly as possible, place them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out of direct sunlight at room temperature for 1-2 days - or longer for extremely firm, unripe avocados.



**Preparation Time:** 7-10 minutes

## Ingredients

(serves 4)

**2 Ripe Avocados**

**1/2 Cup (4 ounces) Canned White Beans**

(preferably, sodium reduced)

**2 Garlic Cloves**

**Handful of Fresh Cilantro**

**1/2 Lime**

**Ground Black Pepper**



## Equipment

Strainer

Large Bowl

Measuring Cup

Can Opener (if needed)

Cutting Board

Wide-Bladed Sharp (Chef's) Knife

Fork



1. Rinse a **handful of fresh cilantro** and twist and tear the **stem bottoms** from the **leafy cilantro tops**.



2. Hold the **cilantro** to the cutting board with curled fingers and chop it into smaller pieces about as shown in the picture below right.



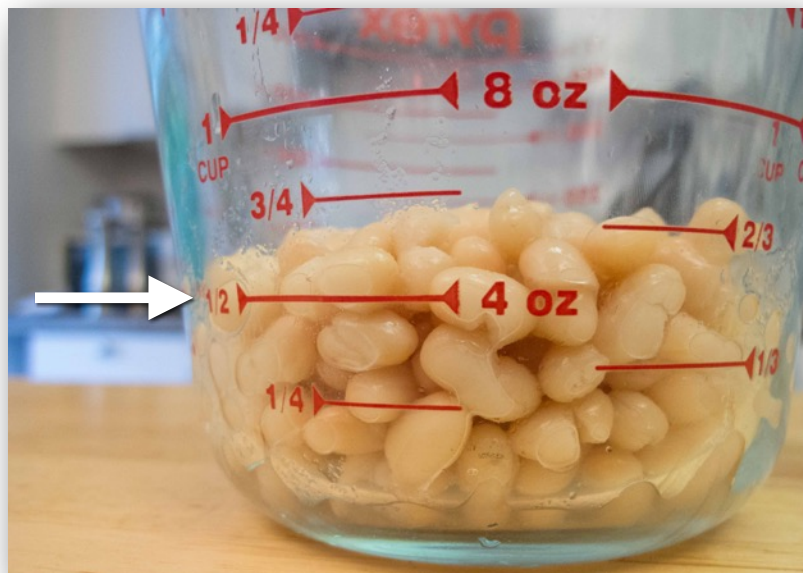
3. Open a **can of white beans**, and pour about as many **beans** into a strainer as shown here.



Rinse the **beans** with cold tap water and pour them into a measuring cup so that you have...

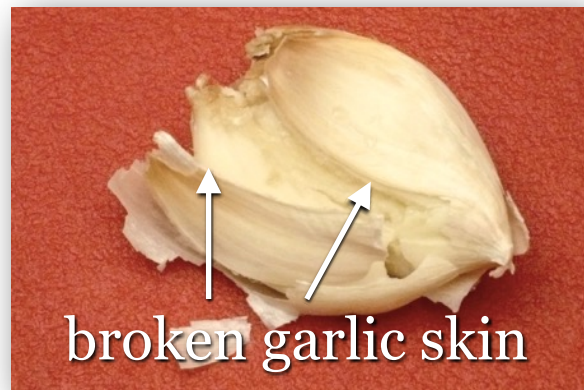


...about **1/2 cup (4 ounces)** of **beans** (no problem if you use more beans as shown below).

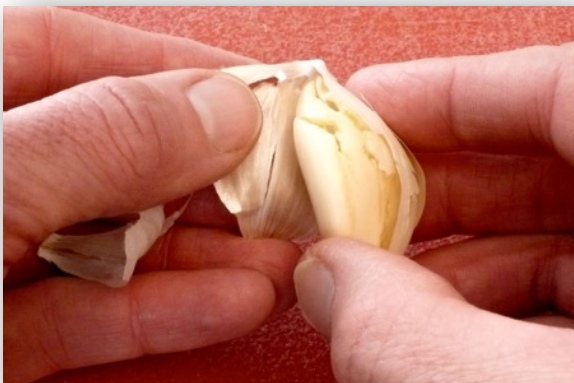




4. Put **2 garlic cloves** on the cutting board. Cover them, one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel the **garlic skin**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown below.

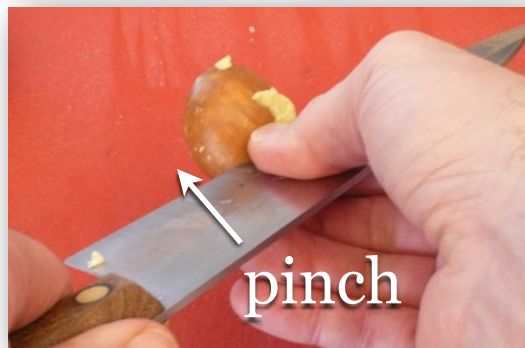
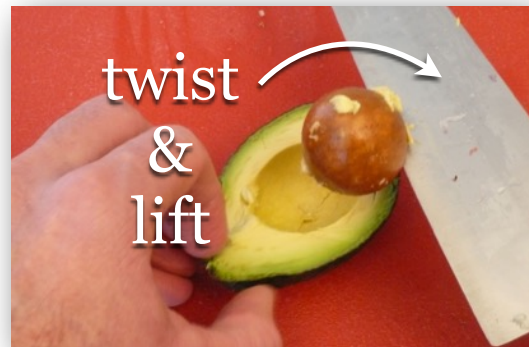


5. Cut two ripe **avocados** in half lengthwise around the **seed** and twist the two **avocado halves** apart.

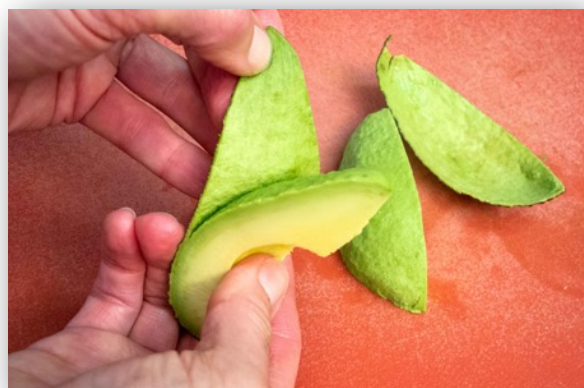


Remove the **seed** by holding the **avocado half** with the **seed** still attached seed side up on the cutting board - **making sure your fingers are**

not in the intended knife path - and driving the long, sharp edge of the knife blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **seed** from the knife edge by pinching the down on it from the back, dull side of the knife as shown below.



Cut the **avocado halves** again in half lengthwise into quarters and peel off the **skin**.



6. Cut a **lime** in half.



7. Put the **cut avocado quarters** and **beans** in a bowl and add the **chopped cilantro** and **garlic**.



Squeeze on the **juice of 1/2 lime** and add a **good crunch of black pepper**.



8. Mash with a fork until the **guacamole with white beans** is still chunky and looks about like...



...this.



9. Transfer the finished **guacamole with white beans** to another bowl (if necessary) and serve.



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