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.)

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.
Guacamole with White Beans

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
Guacamole with White Beans

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 at 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 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.