

Tostitos® Green Goddess Dip

Prepared with spinach, avocado & edamame, this rich and creamy green goddess dip is packed with flavor and a good source of folate (32% DV) & magnesium (12% DV) to support female (and general) health.



Servings: 6



Prep time: 15 minutes



Ingredients

- 1 bag (8 oz) TOSTITOS® SCOOPS!® Tortilla Chips
- 1 cup cooked shelled edamame
- 1 cup packed baby spinach
- 2/3 cup packed fresh parsley (total, including garnish)
- 1/2 cup packed fresh basil
- 1 tbsp chopped shallot
- 2 cloves garlic
- 1 medium avocado
- 1/4 cup freshly squeezed lemon juice
- 1 tbsp Dijon mustard
- 1 tsp black pepper
- 1/4 cup olive oil



Instructions

1. In food processor, pulse together edamame, spinach, 1/2 cup parsley, basil, shallot and garlic until finely ground. Add avocado, lemon juice, mustard, salt and pepper; blend until smooth.
2. Drizzle with olive oil and pulse just until combined. If too thick to dip, thin with a few drops of water.
3. Transfer green goddess dip to serving dish. Finely chop remaining parsley and sprinkle over dip to garnish. Serve with TOSTITOS® SCOOPS!® Tortilla Chips.

Nutrition Info (per serving)

Calories: 150
Total fat: 13 g
Saturated fat: 2 g
Cholesterol: 0 mg
Sodium: 30 mg
Total Carbohydrates: 37 g
Dietary Fiber: 4 g
Total Sugar: 1 g
Added Sugar: 0 g
Protein: 8 g



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Source: Tostitos website