



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

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



More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.