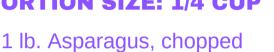


JERSEY TASTES! RECIPES

Asparagus Guacamole

INGREDIENTS:

FAMILY-SIZE SERVES: 6-8 PORTION SIZE: 1/4 CUP



- 1 tablespoon Plain Yogurt or Low Fat Mayonnaise
- 1 tablespoon Lime or Lemon Juice
- 1/4 cup Fresh Cilantro, chopped
- 2 each Scallions, chopped
- 1 each Tomato, diced
- · 2 teaspoons Garlic, minced
- 1/2 teaspoon Hot Sauce*
- 1.5 teaspoons Ground Cumin
- Salt & Pepper To Taste
- *Add more hot sauce for extra spice.

SCHOOL FOOD SERVICE # PORTIONS: 25 PORTION SIZE: 1/4 CUP

- 3.75 lbs. Asparagus, chopped
- 3 tablespoons Plain Yogurt or Low Fat Mayonnaise
- 3 tablespoons Lime or Lemon Juice
- 2/3 cup Fresh Cilantro, chopped
- · 6 each Scallions, chopped
- 3 each Tomatoes, diced
- 2 tablespoons Garlic, minced
- 2 teaspoons Hot Sauce*
- 1.5 tablespoons Ground Cumin
- Salt & Pepper To Taste
- *Add more hot sauce for extra spice.

Portion Size: 1/4 cup = 1/4 c Veg/Other

DIRECTIONS:

- Steam asparagus for approx.5 minutes, or until tender.
- **2** Purée cooled asparagus in food processor, chopper or blender until smooth.
- Add remaining ingredients in processor with asparagus & purée.

 Fun Fact:
 To break of
- Chill in refrigerator.

To break off tough ends --Bend & Snap off bottom of stalks!



