Asparagus Guacamole

**INGREDIENTS:**

**FAMILY-SIZE**

- Serves: 6-8
- Portion Size: 1/4 cup

- 1 lb. Asparagus, chopped
- 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:**

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

**Fun Fact:**
To break off tough ends --- Bend & Snap off bottom of stalks!