



JERSEY TASTES!

RECIPES

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.

DIRECTIONS:

- 1 Steam asparagus for approx. 5 minutes, or until tender.
- 2 Purée cooled asparagus in food processor, chopper or blender until smooth.



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

- 3 Add remaining ingredients in processor with asparagus & purée.
- 4 Chill in refrigerator.

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