

ASPARAGUS GUACAMOLE DIP

NOT simple but yummy!!! Close to avocado guacamole, but is fat-free!

1 bunch asparagus, woody ends trimmed away, spears cut into 2-inch lengths

2-3 tablespoons fat-free, plain yogurt – your choice on creaminess,

2 tablespoons fresh chives or green onions, small chop

1/4 teaspoon sea or kosher salt

1 clove garlic, minced

1 teaspoon ground cumin

2 teaspoons jalapeno pepper, seeds removed and fine chop

Juice of one-half large lemon – to taste

Hint: 6 lemons equals 1-2 tablespoons if using a lemon juice container

Fill a large saucepan with 1 inch of water and boil trimmed asparagus until the asparagus is soft, but still bright green (approx 5-8 minutes – soft). Remove from the pan and place the cooked asparagus into a bowl or pan full of ice water. Once the asparagus is cooled completely, remove from ice water and dry well. Place all ingredients into the bowl of a food processor and pulse until just combined and asparagus is smooth. It should be the consistency of guacamole. Taste and adjust seasoning. Makes: approximately 2 cups. Keep stored in a covered container in the refrigerator for up to 3 days.