



Asparagus Guacamole

*1 pound (4 cups) fresh asparagus, trimmed
or 20 oz. frozen, cut asparagus
1 small clove garlic, minced
2 teaspoons lime juice
¼ cup canned, chopped green chiles
½ teaspoon salt
½ teaspoon cumin
2 Tablespoons finely chopped onion
½ cup chopped, seeded tomato*

Cook asparagus in a small amount of water until tender. Drain well and cool. In a food processor, process asparagus and next five ingredients until mixture is smooth (about 30 seconds). Scrape bowl frequently. Remove from food processor and stir in onion and tomato. Chill thoroughly before serving with tortilla chips or cut vegetables.

Per recipe: 330 mg phe Per ¼ cup serving: 17 mg phe



Recipe developed by Laura Kubu.



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