



Asparagus Guacamole

2 cups (approximately 1 pound) chopped lightly steamed asparagus*
2 1/4 teaspoons fresh lemon juice
3 tablespoons chopped onion
1 large tomato chopped
3/4 teaspoon salt, optional
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
1 clove garlic, pressed or minced
Dash Tobasco sauce
1/3 cup light sour cream

*If you're using frozen asparagus spears, it is not necessary to steam them (just thaw them to room temperature).

Combine all the ingredients in a blender and blend until smooth.

Transfer the guacamole to a bowl. Cover tightly and refrigerate several hours or overnight before serving.

Makes 3 cups, or 12 (1/4-cup) servings

Amount per serving:

Fat grams 0, carbohydrate grams 2.5, calories 16.5