

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Asparamole

Yield: 10 (1/4 cup) servings

INGREDIENTS:

- 1 1/2 pounds uncooked asparagus, trimmed
- 1 Tbsp. light mayonnaise or sour cream
- 1 Tbsp. fresh lime juice
- 1/4 cup cilantro, coarsely chopped
- 3 medium scallions, thinly sliced
- 1/2 medium jalapeño pepper, minced
- 1 clove garlic, minced
- 1/3 tsp. Worcestershire sauce
- pinch of garlic and onion powder
- pinch of cumin
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste



DIRECTIONS:

- ♥ Bring large pot of water to boil.
- ♥ Add asparagus and cook until tender, about 10 minutes. Drain.
- ♥ Place asparagus into food processor and purée until smooth.
- ♥ Stir in remaining ingredients and serve.

Compliments of Eat Your Heart Out Edibles

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