

ASPARAMOLE

Cook time: 15 min., prep time: 20 min est.

Ingredients:

1 pound of asparagus, trimmed and roasted (lightly oiled and salt & pepper)
1 lemon – the juice of
½ tsp salt
½ tsp black ground pepper
1 Tbsp Chili powder
2 tsp ground cumin
1-2 cloves of garlic
½ to ¾ c Light plain yogurt
3 roma tomatoes, small dice
¼ c. red onion, small dice
¼ c roasted red pepper, optional, small dice (I recommend the ones in the jar)
1 – tsp of crushed red pepper flakes, optional
A few dashes of tobacco sauce, optional

Preparation:

Preheat oven to 425 degrees, place cleaned and trimmed asparagus on sheet pan toss with a light coating of olive oil and a sprinkle of salt and pepper. Place in oven for 10-15 minutes until soft and some nice charring color comes through. This process can happen quickly, keep a close eye on it. Once the asparagus is cooked transfer it to a plate and let it cool down for about 20 min.

In a food processor place asparagus, lemon juice, salt and pepper, chili powder, cumin, garlic process until smooth. Put in a medium size mixing bowl and add tomatoes, red onion, red peppers, red pepper flakes and tobacco sauce fold in until incorporated.

The flavors will develop better if made a few hours ahead, but it can be served immediately. When storing, place plastic wrap on top of the product because like regular guacamole it will start to turn brown after a few hours.

