



Asparagus Guacamole

Ingredients:

- 12 spears cooked asparagus, chopped
- 1 can chopped green chilis
- ½ can jalapenos
- ½ cup onion (sweet)
- 1 dash nutmeg
- 1-2 cloves garlic
- 2 teaspoon olive oil
- ½ lemon squeezed
- Salt & pepper to taste

Instructions:

1. Blend or puree to desired consistency

Servings: makes 1 serving.

Each serving = 1 ½ cups of select vegetables, 2 servings of healthy fat.

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