



Mock-amole

(fake guacamole)

Ingredients:

- 8 oz. asparagus (34-36 skinny spears, ends trimmed)
- 1/2 cup steamed broccoli florets
- 3 tbsp Walden Farms mayo
- Juice of 1/2 a Lime
- 1 1/2 tsp minced garlic
- 1/2 tsp cumin
- 1/8 tsp salt
- 2 tbsp diced red onion
- 2 tsp dry cilantro

Directions:

Steam the asparagus just until soft, then combine all ingredients (except onion) and blend in a food processor until very smooth.

Stir in onion (you can omit if desired).

Fridge until cold. (Or you can steam the asparagus and broccoli in advance and chill them, so your dip will be cold after blending.)

Serve with IP Chili or IP crisps!