

BROOKS TROPICALS

# FOOD SERVICES

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*Recipes*

FEATURING SLIMCADO AVOCADOS



## RECIPE SUMMARY

Servings: **6**

Prep Time: **15 mins.**

Cook Time: **8 mins.**

Source:

[www.brookstropicals.com](http://www.brookstropicals.com)

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## SlimCado and Asparagus Wraps

### INGREDIENTS

- 1 ripe SlimCado avocado, peeled and pitted**
- 1 clove garlic, minced**
- 2 dozen baby asparagus spears**
- 1/3 cup fresh cilantro leaves**
- 3 tablespoons plain nonfat yogurt**
- 1 tablespoon fresh lime juice**
- 2 tablespoons red onion, chopped finely**
- 3 large whole wheat tortillas**
- 1 1/2 cups long-grain white rice, cooked and chilled**

### INSTRUCTIONS

- 1.** Fill a medium saucepan with 2 inches of water and boil. Place asparagus in a steamer basket, cover, and steam until just tender, approximately 5 minutes. Remove the asparagus immediately rinsing in cold water to stop the cooking process. Drain thoroughly.
- 2.** In a small bowl, mash the SlimCado, lime juice, and garlic into a coarse puree.
- 3.** In another small bowl, stir together the rice and yogurt.
- 4.** Heat a large frying pan over medium heat. One at a time, heat the tortillas until softened, approximately 20 seconds per side.
- 5.** Lay the tortillas flat on a clean work surface. Spread the avocado mixture equally among the tortillas. Top each with an equal amount of the rice mixture, SlimCados, asparagus, cilantro, and onion.
- 6.** Fold in both sides and the bottom of each tortilla up over the filling; then roll to close.
- 7.** Before serving, bring to room temperature and cut each wrap in half crosswise.