
Summer Asparagus Salad

Sunset, January 2014

Internet address:



2 pounds asparagus, cut into 2-in. pieces on the diagonal (must use thicker asparagus)

2 tablespoons fresh lemon juice

2 tablespoons Dijon mustard

3 tablespoons olive oil

1/4 cup chopped fresh basil, chives, and cilantro

1 cup red onion, thinly sliced

3/4 cup pine nuts, toasted

1/2 cup feta cheese, crumbled

1/2 teaspoon salt

1/2 teaspoon pepper

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

1. Drop asparagus into a large pot of boiling water and cook until bright green and slightly softened, 1 to 2 minutes. Drain asparagus and rinse with very cold water until cool.

2. In a large bowl, whisk together lemon juice, mustard, oil, and herbs. Add asparagus, onion, pine nuts, feta, salt, and pepper, and stir to combine. (I put the cheese and pine nuts on top just to garnish rather than mix in. Your choice.)

Per Serving (excluding unknown items): 224 Calories; 19g Fat (69.8% calories from fat); 8g Protein; 10g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 383mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.