

Asparagus with Bits of Bacon

Adapted slightly from Dorie Greenspan's book, *Around My French Table*

Internet Address:



2 slices thick-sliced bacon

1/2 small yellow onion, finely diced

3/4 pound asparagus, ends trimmed down,
partially peeled if they're large

2 tablespoons water

1 tablespoon walnut oil, or hazelnut oil

1 teaspoon lemon juice

Salt and freshly ground black pepper

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

Servings: 4

1. In a small skillet render the bacon over very low heat for 8-10 minutes, until it's crispy and browned slightly. Remove to a paper towel.
2. Pour out all but a teaspoon of the bacon fat and return skillet to the stove. Add onion and cook it until it's softened but not brown, about 7-8 minutes. Add bacon back to the pan and keep warm.
3. Meanwhile, in another skillet large enough to hold all the asparagus, add the water and then the asparagus. Gently move the stalks around, cover and cook over medium heat. Periodically move the asparagus so they all cook evenly. Press the tip of a sharp knife in the asparagus - when it gives with no pressure remove it from the heat and drain.
3. Combine the oil and lemon juice in a small bowl. Place the cooked asparagus on a serving plate, drizzle the vinaigrette over the top and add the bacon and onion mixture. Serve immediately.

Per Serving (excluding unknown items): 83 Calories; 7g Fat (69.8% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.