

Asparagus Salad

Serves 8

1 pound green asparagus tips (about 2 ½ cups)
½ cup water chestnuts, sliced
3 tablespoons Ponzu sauce or Marukan Rice Wine vinegar
1 tablespoon olive oil
1 cup roasted red bell peppers
1 cup bean sprouts
¼ cup onion, sliced
fresh ground pepper

Cut tips (about 2 inches from top) of asparagus and reserve the stems for another use.

Bring a medium saucepan of water to boil and lightly blanch the asparagus for about 2 minutes or until it turns bright green.

Drain and put in a bowl of ice water to stop the asparagus from cooking. Drain again and let rest.

In a medium bowl, whisk together ponzu or vinegar, olive oil, and fresh herbs and season with fresh ground pepper.

In a large bowl, combine chilled asparagus, water chestnuts, peppers, sprouts and onion. Toss with dressing.

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| Recipes | Total # serv | Cals | Total Fat g | Sat Fat g | Chol mg | Sodium mg | Fiber g | Carbs g | Pro g |
|-------------------------------|-----------------|------|----------------|--------------|------------|-----------------------------|------------|------------|----------|
| HH Asparagus Salad | 8 | 55 | 2 | 0.3 | 0 | 160 (ponzu) 89 (vinegar) | 1.5 | 7 | 3 |