

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