

Asparagus with Mustard Vinaigrette

3 Servings



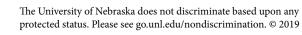
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Ingredients:

- 1.5 lbs. asparagus • 2 T. vinegar (apple cider,
- red wine, or balsamic)
- 1 T. vegetable oil
- 1 T. mustard (Dijon or other)
- 1 tsp. garlic powder

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- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/8 tsp. nutmeg (optional)

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Directions:

- Begin by washing hands and rinsing produce.
- 2. In a large saucepan, boil 8 cups of water and boil asparagus for 3-4 minutes or until tender.
- 3. Strain asparagus and place in a bowl of cold water.

4. Mix vinegar, oil, mustard, garlic powder, oregano, basil and nutmeg together in a separate bowl.

5. Strain asparagus again once cool and coat in the mustard vinaigrette dressing. Serve.

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