



Asparagus with Mustard Vinaigrette

3 Servings



DOUBLE UP
FOOD BUCKS



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Asparagus with Mustard Vinaigrette

3 Servings



DOUBLE UP
FOOD BUCKS



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Asparagus with Mustard Vinaigrette

3 Servings



DOUBLE UP
FOOD BUCKS



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Asparagus with Mustard Vinaigrette

3 Servings



DOUBLE UP
FOOD BUCKS



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019

Asparagus with Mustard Vinaigrette

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

3 Servings

Directions:

1. 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.

Asparagus with Mustard Vinaigrette

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

3 Servings

Directions:

1. 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.

Asparagus with Mustard Vinaigrette

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

3 Servings

Directions:

1. 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.

Asparagus with Mustard Vinaigrette

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

3 Servings

Directions:

1. 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.