

Asparagus with Mustard Vinaigrette

3 servings

Herbs, spices, citrus juice, and zest add fabulous flavor and color to food without adding salt, fat, or sugar.

- 1.5 pounds asparagus, gently rubbed under cold running water, trimmed
- 2 tablespoons vinegar (apple cider, red wine, or balsamic)
- 1 tablespoon vegetable oil
- 1 tablespoon mustard (Dijon or other)
- 1 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon nutmeg (optional)



1. Wash hands with soap and water.
2. Rinse produce.
3. In a large saucepan, bring 8 cups of water to a boil and cook asparagus for 3-4 minutes or until tender.
4. Strain asparagus and place in a bowl of cold water.
5. Mix vinegar, oil, mustard, garlic powder, basil, oregano, and nutmeg (optional) together in a separate bowl.
6. Strain asparagus again once cool and coat in the mustard vinaigrette dressing. Serve.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes:

Instead of boiling asparagus, asparagus can be tossed with the vinegar and oil mixture and eaten raw.

Nutrition Information per Serving (1/3 of recipe): Calories 90 Total Fat 5g Saturated Fat 1g Cholesterol 0mg Sodium 120mg Total Carbohydrates 10g Fiber 5g Total Sugars 3g, includes 0g Added Sugars Protein 6g Vitamin D 0% Calcium 4% Iron 10% Potassium 10%.