

Asparagus with Mustard Vinaigrette



EXTENSION

Health & Wellbeing

Nebraska Seasonal Produce Guide

3 Servings



Ingredients

- 1.5 pounds of 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
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ⅛ teaspoon nutmeg (optional)

Instructions

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

Option: 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%

Recipe Source: Adapted from Maine SNAP-Ed.

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