

RECIPE:

Asparagus with Mustard Vinaigrette

Number of Servings: 3



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)

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.

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

Nutrition Info:

Nutrition Facts	
3 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 533mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Adapted from Maine SNAP-Ed