

Citrus Asparagus

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1/4 cup orange juice
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
2 teaspoons honey
1/8 teaspoon cracked black pepper
1 fresh lemon, halved
1 pound fresh asparagus, with bases removed

Directions

1. In a small mixing bowl combine the orange juice, vinegar, mustard, honey and pepper.
Beat with a whip until well blended.
2. In a saucepan, add an inch of water, juice from the lemon and bring to a boil.
3. Add the asparagus to the water and cook just until fork tender, about 2-3 minutes.
6. Prior to serving, dress the asparagus with the orange vinaigrette.
7. Store left over dressing in the refrigerator for up to 1 week.

Exchanges per serving:

1 Vegetable

Nutrients per serving:

Calories: 35

Calories from fat: 0

Total Fat: 0g

Cholesterol: 0mg

Sodium: 36mg

Total Carbohydrate: 8g

Dietary Fiber: 2g

Protein: 2g