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