



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Asparagus Salad with Citrus Dressing

Ingredients:

- 2 pounds asparagus, (about 2 bunches), trimmed
- 1 pint tiny cherry or pear tomatoes, red or mixed colors
- 1 tablespoon extra-virgin olive oil
- 3/4 teaspoon salt, divided
- Freshly ground pepper, to taste
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh orange juice
- 1 tablespoon honey
- 1/2 teaspoon Dijon mustard
- 2 bunches watercress, tough stems removed (about 4 cups lightly packed)
- 2 tablespoons finely chopped fresh dill

Serves 6

*61 calories, 3 g fat, 0 g saturated fat,
9 g carbohydrate, 2 g fiber, 3 g protein,
319 mg sodium*

Source: Million Hearts

Directions:

1. Preheat oven to 450°F.
2. Place asparagus in a large bowl. Add tomatoes and oil and toss to coat. Spread in a heavy roasting pan or rimmed baking sheet, spooning the tomatoes between and on top of the asparagus. Sprinkle with 1/2 teaspoon salt and add a generous grinding of pepper. Roast until the asparagus is crisp-tender and the tomatoes are warmed and slightly crinkled, about 15 minutes. Set aside until ready to serve.
3. Whisk lemon juice, orange juice, honey, mustard and remaining 1/4 teaspoon salt in a medium bowl until blended. Reserve half of the dressing in a small bowl.
4. Add watercress to the medium bowl; toss to coat. Spread the watercress on a platter. Arrange the roasted asparagus on the watercress and top with tomatoes. Drizzle the reserved dressing over the asparagus and tomatoes; sprinkle with dill. Serve warm or at room temperature.

healthy
IU