

## **Roasted Asparagus-Orange Salad (for 4)**

from Lynne's Sunday Suppers, March 2000

Everything for this salad can be done hours ahead - then dress it just before serving. Show the children how you can bend the tough end of an asparagus stalk gently and it will break just at the point where the stalk becomes tender. A sprinkling of roasted sunflower seeds could be a nice finish to this salad.

### **Salad**

- 1 lb pencil-slim asparagus
- 2 large navel oranges
- 1 TBS extra-virgin olive oil
- 4 handfuls of mixed salad greens

### **Sweet-Sour Orange Dressing**

- Juice of 1 orange
- 1 clove garlic, minced
- 2 TBS coarse mustard
- About 2 TBS each extra-virgin olive oil and cider vinegar
- 1 TBS honey or sugar

1. Preheat oven to 425° F. Rinse asparagus and break off stalks' tough ends. Gently combine asparagus with 1 tablespoon of olive oil, the shredded zest of 1 orange, some salt & pepper. Spread on a shallow pan and roast 8-10 minutes, or till still somewhat firm when pierced with a knife. Cool.

2. Juice 1 orange into a big bowl. Peel the other, cutting the flesh into bite-sized pieces. Set aside. Rinse/dry the greens by rolling in paper towels. In big bowl, blend all dressing ingredients into orange juice - taste for seasoning.

3. Assemble the salad by tossing greens with dressing and heaping them on 4 plates. Top with asparagus + pieces of fresh orange. Serve with knives and forks.

### **March's Sunday Suppers Menu**

**Lynne's Menu Introduction**

**Roasted Asparagus-Orange Salad**

**Judy's Best Cornbread**

**Sunday Tomato Soup**