

## **ASPARAGUS & ROASTED PEPPER SALAD**

**SOURCE:** Associated Press

### **INGREDIENTS:**

20 thin asparagus spears, tough ends broken off  
12-oz jar roasted peppers, drained/chopped  
2/3 C chopped toasted pecans  
1/4 C chopped fresh basil leaves  
1 1/2 TBS fresh lemon juice  
1 tsp sherry or wine vinegar  
1/2 tsp Dijon mustard  
1/4 tsp salt  
1/4 C extra-virgin olive oil  
1/4 lb mixed salad greens

### **DIRECTIONS:**

Heat 1" water to boiling in deep skillet - add asparagus & cook 2 minutes to blanch - drain & transfer to bowl of ice water - drain & set aside.

In medium bowl, stir together peppers, pecans & basil. To make dressing: in small bowl, whisk together lemon juice, vinegar, mustard & salt - whisk in oil.

Mound greens on platter - arrange asparagus beside - spoon on pecan mixture & drizzle on dressing.

Servings: 4

[per serving: 324 calories; 6g protein; 25g fat; 3g saturated fat; 19g carbohydrates; 6g fiber; 263mg sodium; 0mg cholesterol]