

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Roasted Asparagus Salad with Citrus

Makes: 6 servings • Active Time: 20 minutes • Total Time: 35 minutes

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 tablespoons finely chopped fresh dill



Preparation

- Preheat oven to 450°F.
- 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.
- Whisk lemon juice, orange juice, honey, mustard and remaining 1/4 teaspoon salt in a medium bowl until blended.
- Drizzle the dressing over the asparagus and tomatoes; sprinkle with dill.
- Serve warm or at room temperature.

Nutrition

Per serving: 61 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 9 g carbohydrates; 3 g protein; 2 g fiber; 319 mg sodium; 371 mg potassium.

Try another variation - Serve asparagus over 2 bunches of watercress (with stems removed) for some extra crunch!

