

Recipe of the Month

MAY



Asparagus Tomato Salad

Serves 4-6

INGREDIENTS:

- 1 pound Fresh, Asparagus
- 3/4 cup Cherry Tomatoes, Halved
- 1 Tablespoon Red Onion, Chopped
- 1-2 Tablespoons Olive Oil
- 2 1/2 teaspoons Lemon Juice
- 2 1/2 teaspoons Dijon Mustard
- 1/2 cup Basil, chopped or 2 teaspoons Dried Basil
- Salt and Black Pepper to Taste

1. Cut asparagus into 1-2 inch pieces; discarding woody or white bottoms of asparagus. *Cut tomatoes in half and chop onion. Loosely chop the basil.

2. Whisk together the oil, lemon juice, mustard, and basil. Season the dressing with salt and pepper to taste. Combine the dressing with asparagus, tomatoes and onion. Stir well to coat. Refrigerate until service.

*If you prefer, you can steam the asparagus instead of leaving it raw. After steaming, make sure to rinse asparagus with cold water before combining with other ingredients.



Enjoy!