Roasted Asparagus & Tomato Balsamic Salad

(Alternatives to Asparagus are Green Beans and Brussels Sprouts)

Servings 6

Ingredients:

2 pounds fresh asparagus
2 tablespoons olive oil
1 pint fresh grape tomatoes, halved or 2-3 whole tomatoes diced into chunks.

** Roasted potatoes can be plated and salad spooned on top for an extra special treat**

Salad dressing:

6 tablespoons balsamic vinegar
2 tablespoons olive oil
2 teaspoons Dijon mustard
1 clove garlic, minced
salt and pepper to taste

Directions:

Heat oven to 400F. Line a rimmed baking sheet with aluminum foil or parchment paper (for easy clean-up). Snap the blunt ends of the asparagus off and discard. Toss the remaining asparagus with the olive oil, salt, and pepper. Roast for 15 minutes until tender.

While the asparagus is roasting, whisk vinegar, olive oil, mustard, and garlic in a small bowl.

Slice cooked asparagus into 1-inch pieces and add to bowl with tomatoes. Drizzle on dressing and toss. Taste for salt and pepper. Serve immediately or store for later. This salad does improve with age and can be stored for 5 days.

For one serving = 126 calories, 9.7 g fat, 1.4 g saturated fat, 8.6 g carbohydrates, 4.5 g sugar, 4.0 g protein, 4.0 g fiber, 26 mg sodium

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