



**BeFit**

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## **Asparagus Ribbons with Lemon and Feta**

Recipe adapted from *Cooking Light*

*This is a quick way to spice up your vegetables at dinner without having to actually cook anything. Spring is a great time to prepare asparagus, as it is in season: making it cheaper, tastier and easier to find.*

### **Ingredients:**

1 pound asparagus (about 15 stalks)  
1½ cups cherry tomatoes, halved  
2 T chives, chopped  
2 T fresh lemon juice (about 1 whole lemon)  
1 T olive oil  
1 t Dijon mustard  
¼ t sugar  
¼ t salt  
½ t black pepper  
½ cup (2 ounces) crumbled feta cheese

### **Instructions:**

Hold each asparagus stalk by its tip and shave into strips using a vegetable peeler; reserve asparagus tips for another use\*. Combine asparagus with cherry tomatoes in a medium sized bowl. Combine the next 7 ingredients together in a small bowl; whisk together to create a dressing. Drizzle dressing over the asparagus and tomatoes, toss gently to coat. Top with feta cheese before serving.

\*Consider serving the asparagus ribbons as side dish with pasta. About 2-4 minutes before the pasta is fully cooked add the asparagus tips to the boiling pasta water. Strain out the asparagus tips with the pasta and toss with a pasta sauce of your choice. Leftover cooked chicken could also be sliced and tossed into the pasta for a quick meal.

**Yield:** 4 (serving size: about 1 cup)



### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 115 calories

**PROTEIN:** 6 g

**SODIUM:** 380 mg

**CARBOHYDRATE:** 8 g

**FIBER:** 3 g

**FAT:** 8 g

**Sat Fat:** 3.5 g