



Be Fit

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Asparagus Spears Wrapped in Smoked Salmon

Adapted From Cooking Light

24 asparagus spears
3 tbsp low fat sour cream (or plain Greek yogurt)
1 tsp chopped fresh dill*
1 tsp chopped fresh tarragon *
1 tbsp capers
4 ounces smoked salmon, sliced into 24 (1/4 inch wide) strips

Instructions:

Snap the bottom third of each spear off (asparagus will naturally break around this length when bent). Cook asparagus in boiling water until crisp-tender. Rinse under cold water and drain.

Combine sour cream or yogurt, dill, tarragon, and capers together. Spread about 1/2 tsp of the herb mixture on one side of each of the salmon strips. Wrap each salmon strip tightly around the middle of the asparagus, with the sour cream side touching the asparagus.

* If fresh is not available dried herbs can be substituted.

Yield: 8 servings (about 3 spears per person)

NUTRITION INFORMATION PER SERVING:

CALORIES: 30

PROTEIN: 3 g

SODIUM: 160 mg

CARBOHYDRATE: 2 g

FIBER: 0.5 g

FAT: 1 g

SAT FAT: 0.5 g