

Asparagus Mimosa Salad

Ingredients

- 1 ½ pounds medium asparagus, trimmed and lower half of stalk, peeled
- 2 ¼ teaspoons salt
- 2 tablespoons tarragon vinegar
- 1 tablespoon finely chopped shallot
- 1 teaspoon Dijon mustard
- ⅛ teaspoon black pepper
- ⅓ cup extra-virgin olive oil
- 3 hard-boiled eggs
- ½ cup fresh chopped herbs or micro greens

Instructions

1. Prepare a bowl of ice and cold water
2. Put asparagus into a 12-inch heavy skillet, then cover with cold water. Bring water to a boil and add 2 teaspoons of salt, then reduce heat and simmer asparagus, uncovered until just tender, 6 to 8 minutes. Transfer with tongs to ice water, then to a clean kitchen towel. Pat dry.
3. Whisk together vinegar, shallot, mustard, pepper, and remaining ¼ teaspoon of salt in a small bowl, then add oil in a slow stream, whisking until emulsified.
4. Halve eggs, then force through a medium-mesh sieve into another small bowl. Toss asparagus with 1 tablespoon vinaigrette in a large shallow bowl and place asparagus on a serving platter. Spoon additional vinaigrette over asparagus and top with egg and herbs in a decorative way.

Makes 4 servings
Culinary Medicine, Nutrition Services



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