



Asparagus seasoning suggestions:

- ***Soy sauce and green onions***
- ***Sesame oil and sesame seeds***
- ***Parmesan cheese***
- ***Lemon juice***

Pasta Salad with Asparagus

1 pound pasta
1-2 cups cooked asparagus
2-3 cups seasonal chopped raw vegetables (radishes, bell peppers, green onions, tomatoes)
¼ cup plus 2 tablespoons olive oil
¼ cup red wine vinegar
Salt and pepper to taste
1 tablespoon chopped parsley

Cook the pasta according to package directions. Rinse in cold water. Chill. Cook the asparagus using the method of your choice just until tender. Shock in cold water and drain. Cut into bite-sized pieces. Combine pasta and vegetables in a large bowl. Whisk oil and vinegar in small bowl to blend. Add the dressing to the salad (to taste). Sprinkle with chopped parsley.

Other optional ingredients: Cheese cubes, tuna, hard-boiled eggs, olives.

[ASPARAGUS WITH TOMATO VINAIGRETTE]

Ingredients:

1 pound large asparagus spears, trimmed
¼ cup plus 2 tablespoons olive oil
¼ cup red wine vinegar
Salt and pepper to taste
1 small tomato, finely chopped
¼ green bell pepper, finely chopped
1 green onion, finely chopped
1 tablespoon chopped parsley
1 hard-boiled egg, finely chopped

Cook asparagus using the method of your choice just until tender. Drain. Shock in ice water until cold and drain. Cover and chill. Whisk in oil and vinegar in small bowl to blend. Add tomato, bell pepper, green onion and parsley. Season with salt and pepper. Arrange asparagus on a large platter. Spoon half of vinaigrette over asparagus. Garnish with chopped egg. Serve immediately and pass remaining dressing separately.

