



Chilled Asparagus With Lemony Garlic Dressing



two tablespoons

one tablespoon

one clove

one teaspoon

twenty-four

Poppy seeds (optional)

nonfat or low-fat sour cream

low-fat buttermilk or skim milk

garlic, minced

grated lemon peel

fresh asparagus spears, woody bases snapped off and discarded

1. In a small mixing bowl, stir together sour cream, buttermilk, garlic, and lemon peel. Cover and chill until serving time.
2. Cook asparagus in a large saucepan or skillet in boiling water for 5 minutes, or until crisp-tender. Drain. Rinse with cold water and drain again. Cover and chill until serving time.
3. To serve, gently toss asparagus spears with garlic mixture. Sprinkle lightly with poppy seeds, if desired.

Nutrition Information Per Serving

Calories: 32 Fat: 0 g Cholesterol: 0 mg Sodium: 14 mg

Courtesy of: American Heart Association

Taken from: <http://www.applesforhealth.com/HealthySideDishes/chaspwlgdr3.html>