

Grilled Asparagus with Blue Cheese

Adapted from: Come to the Table by Benita Long
Category: Vegetables

Servings: 8
Prep time: 30 minutes

Ingredients

- 30 medium asparagus spears, trimmed
- ½ pint grape tomatoes, halved
- 1 Tablespoon extra-virgin olive oil, divided
- ¼ cup chopped fresh chives
- 1 Tablespoon crumbled blue cheese
- 2 teaspoons red wine vinegar

Instructions

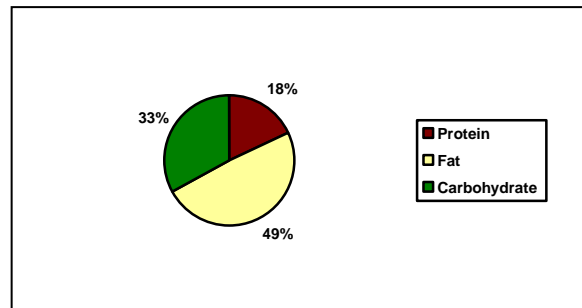
Roast or grill the asparagus until tender. Place in a rectangular casserole dish. Put the tomatoes on a baking sheet and brush with about ½ tablespoon olive oil. Broil under high heat until the skins blister. Arrange the tomatoes on top of the asparagus. Sprinkle with the chives and blue cheese. Whisk the remaining ½ tablespoon of the oil and the vinegar together in a bowl until emulsified. Pour the mixture over the vegetables and serve.

Pair each serving with 6 ounces wild salmon and ¾ cup brown rice.*

Nutritional Facts Per Serving

Recipe Only:

Serving Size: 5 spears
Sugar:Fiber = 1:1
Mono:Sat = 2:1
Calories: 35
Carbohydrates (g): 3
Fat (g): 2
Cholesterol (mg): 0
Protein (g): 2
Sodium (mg): 15



*Recipe + Pairing:

Serving Size: 5 spears, salmon, brown rice
Sugar:Fiber = 1:2
Mono:Sat = 2:1
Calories: 440
Carbohydrates (g): 37
Fat (g): 14
Cholesterol (mg): 95
Protein (g): 39
Sodium (mg): 100

