

Asparagus Salad

Arranged on a single serving platter, this salad is a beautiful composition of vibrant color. It may be served as a first course or a side dish, and can add a festive touch to the buffet table. Heating the blue cheese intensifies its flavor, making the most of a scam tablespoonful.

28 asparagus spears (2 bundles), trimmed
1/2 cup plain nonfat yogurt
1 tablespoon crumbled blue cheese
1/4 cup freshly squeezed lemon juice
1 tablespoon snipped fresh chives
1 garlic clove, peeled and minced
2 beefsteak tomatoes, cored and cut into wedges
Salt and freshly ground black pepper to taste
1/2 cup chopped fennel leaves (the feathery ends)

Bring water to a boil in the bottom of a steamer. Fit the basket into the steamer. Steam the asparagus over medium-high heat for about 6 minutes, until bright green and tender. Remove the steamer from the heat and let the asparagus cool.

Combine the yogurt and blue cheese in a small saucepan. Warm over low heat for 1 to 2 minutes, whisking constantly, just until the blue cheese has melted. Remove the pan from the heat and whisk in the lemon juice, chives, and garlic. Arrange the asparagus in the center of a serving plate and ring with the tomato wedges. Drizzle the yogurt dressing over the asparagus. Sprinkle with salt and pepper and garnish with the fennel leaves .

Serves 4

Fat per serving = 0.9 gram

Calories per serving = 71