

Vinaigrette Asparagus with Eggs

(Adapted with permission from [Good Carbs, Bad Carbs](#) -- DaCapo Lifelong Books, New York.)



This is a simple, inexpensive, wholesome dish that is as pleasant to look at as it is to taste. A definite crowd-pleaser, this dish is a common evening meal in several Mediterranean countries. Ready to eat in a flash, it is the perfect antidote to drive-through or take-out dinner temptations.

Serving size: 15 spears. Yield: 3 servings.

Ingredients

1 bunch fresh thin asparagus, approximately 12 oz.
3 hard boiled eggs, shelled and quartered
salt and pepper to taste
vinaigrette dressing, whisk together:
- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar (not balsamic)
- salt and pepper to taste
¼ cup grated parmiggiano-reggiano cheese

Directions

1. Cut or break off 2 inches from the bottom of asparagus stalks. Wash and place them in a steam basket and then in a saucepan with 1 inch of water. Cover and steam on low heat until tender, approximately 3 minutes. (If using thicker asparagus, allow 10 minutes.)
2. In the meantime, in a small bowl mash eggs with the back of a fork until crumbled; add salt and pepper to taste. Set aside.
3. Place cooked asparagus in a deep, oblong serving dish. Toss with dressing and grated cheese.
4. Arrange eggs on top of asparagus. Serve warm.

Nutritional Information

Calories: 165
Carbohydrates: 5 g
Protein: 11 g
Fat: 11 g
Cholesterol: 215 mg
Fiber: 2 g

GI Value: 0 - low

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