

Shopping List

Produce

Asparagus

Lemon

Parsley

Garlic

Bulk

Sea salt

Black pepper

Grocery

Balsamic vinegar

Extra virgin olive oil

Dijon or stone ground mustard



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Zesty Marinated Asparagus



Community
FOOD CO OP

Zesty Marinated Asparagus

INGREDIENTS

3/4 c good quality extra virgin olive oil

3/4 c good quality balsamic vinegar

1 garlic clove, minced

1 T Dijon or stone ground mustard

2 pounds fresh asparagus, trimmed and cut into
2 1/2" pieces

2 t grated lemon zest

1/4 c chopped fresh parsley

1/2 t sea salt

1/2 t fresh ground black pepper

To make the balsamic vinaigrette:

1. Combine the vinegar, garlic and mustard in a bowl with a whisk. Add a pinch of sea salt and whisk.
2. In a steady, slow stream add olive oil to the mixture, whisking constantly. Set aside and proceed with recipe.

INSTRUCTIONS

1. Bring a large pot of water to a boil. Blanch asparagus just until tender and bright green, about 1 minute.
2. Plunge asparagus into a bowl of ice-cold water to halt the cooking process.
3. Drain asparagus and place in a large re-sealable plastic bag.
4. Pour in vinaigrette and seal bag. Mix asparagus with vinaigrette thoroughly.
5. Refrigerate at least 3 hours (or overnight), turning bag occasionally.
6. Just before serving, drain vinaigrette into a bowl.
7. Arrange asparagus on a serving platter and sprinkle with lemon zest, parsley, salt, and pepper.
8. Serve reserved vinaigrette in a small dish on the side.

You can also make this with store-bought balsamic vinaigrette—use 1 1/2 c.



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