



JERSEY TASTES! RECIPES

Asparagus-Tomato Salad

INGREDIENTS

FAMILY-SIZE SERVES 4-6

- 1 pound fresh, Asparagus
- 3/4 cup Cherry Tomatoes, halved
- 1 Tablespoon Red Onion, chopped
- 1-2 Tablespoons Olive Oil
- 2 1/2 teaspoons Lemon Juice
- 2 1/2 teaspoons Dijon Mustard
- 1/2 cup Basil, chopped or 2 teaspoons Dried Basil
- Salt and Black pepper to taste

SCHOOL FOOD SERVICE # PORTIONS: 25

- 5 lbs Asparagus, fresh
- 4 cups Cherry or Grape Tomatoes, halved
- 2 oz. or 1/2 medium onion Red Onion, chopped
- 1 cup Olive Oil
- 1/3 cup Lemon Juice
- 1/3 cup Dijon Mustard
- 3 cups Basil, fresh, chopped or 1/4 cup Dried Basil
- Salt and Black pepper to taste

Portion Size: 1/2 cup
1/2 cup = 1/2 cup Veg "Other"



RECIPES MADE IN COLLABORATION WITH:

DIRECTIONS

- 01** Cut asparagus into 1-2 inch pieces; discarding woody or white bottoms of asparagus. *
- 02** Cut tomatoes in half and chop onion. Loosely chop the basil.
- 03** Whisk together the oil, lemon juice, mustard, and basil. Season the dressing with salt and pepper to taste.
- 04** Combine the dressing with asparagus, tomatoes and onion. Stir well to coat. Refrigerate until service.

*If you prefer, you can steam the asparagus instead of leaving it raw. After steaming, make sure to rinse asparagus with cold water before combining with other ingredients.

Fun Fact:
Asparagus can be green, white or purple!

