



Asparagus Mimosa

Adapted from *Cook's Country*

Yield: Makes 4 servings **Active Time:** 20 min **Total Time:** 35 min

This French recipe is called a mimosa because the finished dish resembles the white-and-yellow flower. This old-school dish combines tender steamed *asparagus* spears with mustardy tarragon vinaigrette and shreds of hard-cooked egg.

Ingredients:

- 2 lbs. medium asparagus, trimmed
- Salt and pepper
- 1 tablespoon minced fresh tarragon
- 1 tablespoon finely chopped shallot
- 1 tablespoon of capers, rinse and chopped
- 1 teaspoon of honey
- 2 teaspoons Dijon mustard
- 2 tablespoons red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 2 hard-boiled large eggs at room temperature

Preparation:

1. Fill a large pot with 4 quarts of cold water. Bring water to a boil and add 2 teaspoons salt, then reduce heat and simmer asparagus, uncovered, until just tender, 6 to 8 minutes. Transfer with tongs to ice water, then to a clean kitchen towel. Pat dry.
2. Whisk together vinegar, shallot, tarragon, mustard, honey, ½ teaspoon pepper, and ½ teaspoon salt in a small bowl; halve one egg and mash the yolk into the mixture. Add oil in a slow stream, whisking until emulsified. Stir in capers; add asparagus and toss to coat.
3. Halve other egg; separate the egg white from the yolk. With a box grater, grate the egg whites and then egg yolk. Add salt and pepper to taste. Spoon additional vinaigrette over asparagus and top with grated egg.

Nutritional Value - There are 43 calories in 1 cup of boiled asparagus. It contains no cholesterol and is low in sodium. Asparagus is an excellent source of: Vitamin K, Vitamin B folate, Vitamin C, and Vitamin A. There are a series of B vitamins in asparagus in lesser amounts: B1, B2, B3, and B6. By eating asparagus, you will also receive the benefit of: Dietary fiber, Copper, Potassium, Protein, Manganese, and Phosphorus.

Healing and Cleansing Properties of Asparagus - Asparagus has been known for many centuries for its medicinal properties. It is thought of as a food that heals and cleanses. In addition to its many nutrients, it acts as a diuretic. Its fiber works as a laxative. It protects small blood vessels. Green asparagus is a good source of Vitamin C, which helps you to produce collagen. Maintaining enough collagen leads to younger looking skin.

