

## Asparagus with Honey Mustard Vinaigrette

One of those special spring salads. A sweet-tart vinaigrette served over tender asparagus spears.

You will need 2 pounds thin fresh asparagus spears.

### Vinaigrette

1/2 cup extra virgin olive oil 1/4 tsp lemon or orange rind,  
finely grated

1 Tbls lemon or orange juice 1/4 tsp freshly ground pepper

1 tsp white wine vinegar 1/4 cup finely chopped toasted  
almonds (optional)

1 Tblsp honey mustard

To make the vinaigrette, whisk all the ingredients together in a small bowl. The vinaigrette may be stored for up to one week in the refrigerator. Let the vinaigrette warm to room temperature before drizzling over cooked asparagus spears.

Bend the asparagus stalks and break off the woody ends. Soak in cold water for a few minutes. Bring a large pot of water to a boil. Add 1 teaspoon salt to the boiling water. Have a large pan of ice ready. Toss the asparagus spears in the boiling salted water. Cook until just tender (3 to 7 minutes). Quickly remove the spears from the boiling water with tongs and drop in the ice water to stop the cooking process. Drain, then pat dry. Arrange asparagus spears on a large platter and drizzle with the vinaigrette. Sprinkle with toasted almonds.

**Note:** The cooked asparagus spears can be wrapped in paper towels, placed in a plastic bag, and stored for three days in the refrigerator.