
Asparagus Salad Supreme

Publix.com

Servings: 6

Start to Finish Time: 20 minutes

1 pound fresh asparagus

1 shallot, finely chopped

2 hard-boiled eggs, peeled and grated

1/4 cup cooked bacon pieces

2 tablespoons capers

1/3 cup diced fresh tomato

3 tablespoons Caesar salad dressing

3 tablespoons grated Parmesan or pecorino (optional)

Remove the root ends from the asparagus. Place the asparagus in a microwave-safe dish in an even layer. Microwave on HIGH for 2 to 3 minutes or until tender.

Chill for 10 minutes (the asparagus can be served warm).

Place the asparagus in a row on a serving platter. Create individual rows down the center. Cover the asparagus with the shallots, eggs, bacon, capers and tomatoes.

Drizzle with the dressing and sprinkle with the cheese, if using.

Serve.

Salads

Per Serving (excluding unknown items): 82 Calories; 5g Fat (58.3% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 130mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.