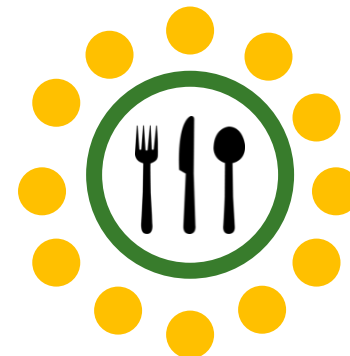


recipe of the week:

Sautéed Asparagus with Dijon Vinaigrette



ingredients:	directions:
2 Tsp. Dijon mustard	1. Whisk mustard, vinegar, 1 tbs. oil and salt & pepper in medium bowl
2 Tbsp. red-wine vinegar	2. Heat remaining 1 Tbsp. oil in large skillet over medium heat
2 Tbsp. extra-virgin olive oil	3. Add asparagus and season with salt & pepper
Coarse salt & fresh ground pepper	4. Reduce heat to medium low & cook asparagus 10-12 minutes
1 pound thin asparagus, trimmed and cut	5. Transfer asparagus to serving dish and drizzle with vinaigrette

Presented by:

