

430 e. locust st des moines, ia 50309 515.270.8202 mykitchencollage.com

monday - friday 10-5:30 /saturday 9-5

Recipe from <u>EatingWell: Healthy in a Hurry</u> by Jim Romanoff and the editors of EatingWell Magazine. Copyright © 2006. Reprinted by permission of The Countryman Press, Woodstock, VT. All rights reserved.

Asparagus with Fresh Tomato Garnish

- 1 pound asparagus
- 2 chopped tomatoes
- 1 minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar

Salt to taste

Freshly ground pepper to taste

Steam the asparagus until just crisp tender. Combine the tomatoes, shallot, olive oil, balsamic vinegar, salt and pepper to taste. Serve the asparagus topped with the tomato garnish.