

# Chilled Asparagus Salad with Meyer Lemon Dressing

**Servings: 4**

**Yield: 4 salads**

*2 bunches Asparagus, trimmed  
salt and pepper*

*1 teaspoon Parmesan cheese, freshly  
grated*

*4 fluid ounces pear tomatoes, cut in  
halves*

*1 teaspoon balsamic reduction,  
prepared*

*4 fluid ounces mayonnaise*

*1 each meyer lemon*

Boil Asparagus in salted water and simmer until  
tender about 4mins

Place in Ice water to shock and cool dry off and  
set aside

Toss tomatoes to the balsamic reduction and set  
aside

whisk in meyer lemon juice into mayonnaise and  
set aside

to plate place chilled Asparagus on a plate top  
with salt pepper and cheese

spoon over dressing and top with tomatoes

*to make Balsamic reduction simple  
boil down balsamic vinager to a syrup  
and cool*

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Per Serving (excluding unknown  
items): 201 Calories; 24g Fat  
(98.1% calories from fat); 1g  
Protein; trace Carbohydrate; trace  
Dietary Fiber; 10mg Cholesterol;  
164mg Sodium. Exchanges: 0  
Lean Meat; 0 Vegetable; 2 Fat.