

Side Dishes

Asparagus with Zesty Sauce

Wal-mart Produce Distribution Info

Servings: 8

2 pounds asparagus spears or 1.5 pounds broccoli

1/3 cup frozen orange juice concentrate, thawed

1/3 cup fat-free mayonnaise dressing

1 teaspoon Dijon style mustard

dash pepper

Thin Strips Orange peel

Wash asparagus spears; scrape off scales, if desired. Break off woody bases and discard. OR, wash and remove outer leaves of broccoli and tough parts of stalks; cut lengthwise into spears.

Place asparagus or broccoli in a steamer basket over simmering water. Cover and steam for 7-9 minutes for asparagus or 8-12 minutes for broccoli or until crisp-tender. Remove steamer basket and reserve 2 tablespoons of the steaming liquid.

For sauce, in a saucepan whisk together the thawed orange juice concentrate, mayonnaise dressing, mustard and pepper. Stir in 1-2 tablespoons of the reserved liquid to make sauce the desired consistency.

Cook and stir over low heat for 1-2 minutes. Do not boil.

Serving Ideas: To serve, arrange asparagus or broccoli on a serving platter; spoon sauce over spears. Garnish with strips of orange peel.

Per Serving (excluding unknown items): 19 Calories; trace Fat (1.1% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit.