



Red Potato and Asparagus Salad

- 1½ Tbsp Dijon mustard
- ¼ cup lemon juice
- 2 Tbsp olive oil
- ¼ tsp salt
- Cayenne pepper, to taste
- 1½ lbs. asparagus
- 1 lb. potatoes
- 3 Tbsp finely chopped scallions



1. In a small bowl, whisk together the Dijon and lemon juice. Drizzle in oil while whisking constantly and then season with salt and cayenne. Set dressing aside.
2. Bring a large pot of water to a boil. Add asparagus and simmer until just tender, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl of ice water to stop the cooking. Drain well and transfer to a large bowl.
3. Return water to boil, add potatoes and simmer until just tender, 15 to 20 minutes. Drain well and add to bowl with the asparagus.
4. Add dressing, chives, and salt to the bowl. Toss to combine. Serve at room temperature.

Makes: 6 servings

Nutrition Information:

CALORIES 120 (24% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 4g; CALCIUM 4%; IRON 18%

Baked Rhubarb

- 1 pound fresh rhubarb
- 2½ Tbsp white sugar
- ½ tsp vanilla extract
- 1 Tbsp unsalted butter
- Cooking spray

1. Place rhubarb, sugar, and vanilla in a large bowl. Toss to combine; let stand for 20 minutes.
2. Preheat the oven to 375°F. Coat an 8-inch baking dish with cooking spray. Transfer rhubarb mixture to baking dish and bake, gently stirring halfway through, until tender, about 30 minutes.
3. Remove from oven and allow to cool slightly in the baking dish. Serve warm.



Makes: 4 servings

Nutrition Information:

CALORIES 100 (25% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 5mg; CARBOHYDRATE 10g; FIBER 2g; PROTEIN 1g; CALCIUM 10%; IRON 2%