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▶▶▶ January 2013 ◀◀◀

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# Orange-Asparagus Salad

**Total Time:** 20 mins

## Ingredients

- ❖ 8 ounce(s) asparagus
- ❖ 2 tablespoon orange juice
- ❖ 2 teaspoon oil, olive
- ❖ 1/2 teaspoon mustard, dijon-style
- ❖ 1/8 teaspoon salt
- ❖ dash(es) pepper, black ground
- ❖ 1 medium orange(s), peeled and sectioned

## Recipe Tip:

Chill up to 6 hours (optional).

## Preparation

1. Snap off and discard woody bases from asparagus. If desired, scrape off scales. Cut stems into 2-inch-long pieces. In a covered small saucepan, cook asparagus in a small amount of boiling water for 1 minute; drain. Cool immediately in a bowl of ice water. Drain on paper towels.
2. For dressing, in a medium bowl, whisk together orange juice, oil, mustard, salt, and pepper. Add asparagus and orange sections; stir gently to coat. Serve immediately. (Or cover and chill for up to 6 hours.)

