

Asparagus Dijon

From the Wellness Council of America

www.welcoa.org

Ingredients

- 1 pound asparagus, cooked
- 1/2 cup skim milk
- 1 teaspoon Dijon mustard
- 1 tablespoon flour
- 1/4 cup fat-free sour cream
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste

Instructions

1. Combine the milk, mustard and flour in a small saucepan and blend well.
2. Cook over medium heat, stirring, 3 to 5 minutes or until mixture thickens and is bubbly. Stir in the sour cream, vinegar, salt and pepper.
3. Heat through, and spoon the warm sauce over cooked asparagus.

Makes 4 servings

Nutrition information per serving

Calories: 54	Dietary Fiber:
Total Fat: 0 g	Sodium: 115 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 8 g