Snack

Crispy Asparagus Spears with Creamy Tarragon Sauce

Tender asparagus spears are coated in a warm, creamy tarragon sauce and finished with a crunchy sprinkle of toasted panko.



Nut free

14 min	120	14 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp extra virgin olive oil
- [ ] 1/3 cup panko bread crumbs
- [ ] 1 cup water
- [ ] 1 lbs asparagus (trimmed)
- [ ] 1/4 cup sour cream (fat-free)
- [ ] 3 tbsp light mayonnaise
- [ ] 2 tbsp milk (fat-free)
- [ ] 1 1/2 tsp prepared mustard
- [ ] 1/4 tsp dried tarragon (dried)
- [ ] 1/4 tsp salt

Method

- [ ] **1** Begin by warming the extra virgin olive oil in a large skillet set over medium-high heat. Scatter the panko bread crumbs into the hot oil and keep them moving for 1 to 2 minutes so they turn evenly golden, then tip them onto a plate and leave them to one side.
- [ ] **2** Pour the water into the same skillet and let it come to a boil over medium-high heat. Slip in the asparagus, wait for the water to bubble again, then drop the heat, clamp on a lid, and let everything simmer gently for 3 minutes. The spears should end up just tender. Drain them thoroughly and lay them out on a serving plate.
- [ ] **3** While the spears cook, whisk the sour cream, light mayonnaise, milk, prepared mustard, dried tarragon, and salt together in a small bowl until the mixture is smooth.
- [ ] **4** Tip this mixture into the skillet, set it over medium-low heat, and stir without stopping for 1 minute so the sauce warms through.
- [ ] **5** Spoon the warm sauce over the asparagus on the serving plate, then scatter the reserved panko bread crumbs across the top.

Nutrition Facts

Per serving

Calories	120
Total fat	6 g
Saturated fat	1 g
Sodium	290 mg
Total carbs	14 g
Fiber	3 g
Total sugars	3 g
Protein	4 g

diabic.com/recipes

Scan to open this recipe and its shopping list