Lunch

Warm Asparagus and Walnut Salad

Tender roasted asparagus spears and toasted walnuts are dressed with a light balsamic vinaigrette and finished with coarsely ground black pepper. A simple warm salad full of nutty, tangy flavor.



Vegetarian

24 min	45	4 g	2 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 8 spears medium asparagus spears (trimmed and patted very dry)
- [ ] 1 tbsp walnuts (chopped)
- [ ] 2 tsp light balsamic vinaigrette
- [ ] 1/8 tsp black pepper (coarsely ground preferred)

Method

- [ ] **1** Heat the oven to 425 degrees F. Cover a baking sheet with a sheet of aluminum foil and mist the foil lightly with nonstick cooking spray.
- [ ] **2** Spread the asparagus spears across the pan in one uncrowded layer, then drop the chopped walnuts into the gaps between them. Mist the spears with a little more nonstick cooking spray, then slide them back and forth on the pan until every spear is coated.
- [ ] **3** Roast for 5 minutes. When that timer ends, use tongs to gently turn each spear over and return the pan to roast for 4 minutes, removing it once the walnuts start to brown. Lift the spears and walnuts onto a plate.
- [ ] **4** Spoon the light balsamic vinaigrette over the warm spears and walnuts, rolling everything around so each piece gets dressed. Dust the black pepper across the top and let the salad sit for 10 minutes so the flavors can meld.
- [ ] **5** Tip: moisture keeps the spears from browning the way they should, so always pat the asparagus spears completely dry before they go into the oven.

Nutrition Facts

Per serving

Calories	**45**
Total fat	3 g
Saturated fat	0 g
Sodium	25 mg
Total carbs	4 g
Fiber	2 g
Total sugars	2 g
Protein	2 g

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