

ASPARAGUS SALAD WITH GREMOLATA

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: Serves 8 (Serving = 3/4 cup)

Nutrition (per serving)

Calories: 180

Dietary Fiber: 3 g

Total Fat: 9 g

Total Sugars: 2 g

Saturated Fat: 2.5 g

Added Sugars: 0 g

Sodium: 210 mg

Protein: 7 g

Total Carbohydrate: 21 g



Ingredients

Gremolata

- ¼ cup minced fresh basil leaves
- 2 Tablespoons minced fresh Italian parsley
- 2 cloves minced garlic
- 3 Tablespoons extra-virgin olive oil

Asparagus Salad

- 1 pound fresh asparagus spears
- 2 cups cooked pearl couscous
- 5 ounces fresh mozzarella pearls

- 1 Tablespoons lemon zest
- 1 Tablespoon fresh lemon juice
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper

- 1 ½ cups halved grape tomatoes
- ¼ teaspoon salt



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Directions

1. Combine all gremolata ingredients together in a small bowl and mix well. Set aside.
2. Cut woody ends off the bottom asparagus spears (about 1 inch), then cut the rest of the spears into 1 ½ inch pieces. Place into a steam basket in a large stockpot over high heat with 2 inches of boiling water at the bottom. Steam for 5-6 minutes.
3. Add steamed asparagus, couscous, mozzarella, tomatoes, salt and gremolata to a large bowl. Toss well to coat evenly.