Asparagus and Edamame Salad

Serves 6

1 lb medium asparagus ends discarded

2 cups frozen edamame

2 T olive oil

¼ 1b. Arugula

¼ cup shredded parmesan

2 tsp balsamic vinegar

Season to taste.

Cut asparagus stalks into ¼ inch diagonal slices, separating tips. Put stalks into mixing bowl. Blanche tips in 3 qt of boiling water for 1-2 minutes only. Remove tips from water and toss with defrosted edamame, reserved stalks, and 1 tablespoon olive oil. Pile arugula in a salad bowl and toss with remaining olive oil Top with asparagus and edamame and sprinkle with parmesan cheese. Drizzle with balsamic vinegar and serve immediately.

161 calories 10 grams carbohydrate 10 grams protein 10 grams fat