JERSEY TASTES!
RECIPES
Asparagus-Tomato Salad

INGREDIENTS

FAMILY-SIZE
SERVES 4-6
- 1 pound fresh, Asparagus
- 3/4 cup Cherry Tomatoes, halved
- 1 Tablespoon Red Onion, chopped
- 1-2 Tablespoons Olive Oil
- 2 1/2 teaspoons Lemon Juice
- 2 1/2 teaspoons Dijon Mustard
- 1/2 cup Basil, chopped or 2 teaspoons Dried Basil
- Salt and Black pepper to taste

SCHOOL FOOD SERVICE
# PORTIONS: 25
- 5 lbs Asparagus, fresh
- 4 cups Cherry or Grape Tomatoes, halved
- 2 oz. or 1/2 medium onion Red Onion, chopped
- 1 cup Olive Oil
- 1/3 cup Lemon Juice
- 1/3 cup Dijon Mustard
- 3 cups Basil, fresh, chopped or 1/4 cup Dried Basil
- Salt and Black pepper to taste

DIRECTIONS

01 Cut asparagus into 1-2 inch pieces; discarding woody or white bottoms of asparagus.*
02 Cut tomatoes in half and chop onion. Loosely chop the basil.
03 Whisk together the oil, lemon juice, mustard, and basil. Season the dressing with salt and pepper to taste.
04 Combine the dressing with asparagus, tomatoes and onion. Stir well to coat. Refrigerate until service.

*If you prefer, you can steam the asparagus instead of leaving it raw. After steaming, make sure to rinse asparagus with cold water before combing with other ingredients.

Fun Fact:
Asparagus can be green, white or purple!

Portion Size: 1/2 cup
1/2 cup = 1/2 cup Veg “Other”

RECIPES MADE IN COLLABORATION WITH:

FOODCORPS