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Lemon-Tarragon Asparagus Salad

1 ½ lb asparagus spears

1 cup sliced radishes

1 tablespoon thinly sliced green onions

2 teaspoons snipped fresh tarragon or ½ teaspoon dried tarragon, crushed

1 teaspoon finely shredded lemon peel

¼ teaspoon salt

2 tablespoons white balsamic wine vinegar

1. Snap off and discard woody bases from asparagus. Cut asparagus into 1 ½ inch pieces
2. In covered large saucepan, cook asparagus in small amount of boiling, lightly salted water for 2 minutes, drain. Rinse with cold water; drain again. Transfer asparagus to salad bowl
3. Add radishes, green onions, tarragon, lemon peel and salt; toss gently to combine. Cover and chill for 2 to 3 hours.
4. Before serving, stir almonds and vinegar into asparagus mixture.

Makes 6 to 8 servings

Nutrients per serving:

Calories: 100

Total fat: 6 g

Carbs: 6 g

Sodium: 92 mg