

Roasted Asparagus Salad

From Southern Living

Add even more color by roasting squash, zucchini, carrots, or other favorite veggies with the asparagus.

1 1/2 pounds fresh asparagus
1/2 cup olive oil, divided
1 1/2 tablespoons chopped fresh basil, divided
1/2 teaspoon lemon pepper
1/2 teaspoon salt, divided
1/4 cup balsamic vinegar
1 garlic clove, minced
1 cup halved cherry tomatoes (about 1/2 pt.)
1/2 cup chopped red bell pepper
1/4 cup finely chopped red onion
1 head Bibb lettuce, torn into bite-size pieces
1 avocado, sliced

1. Preheat oven to 425°. Snap off and discard tough ends of asparagus; remove scales with a vegetable peeler, if desired.
 2. Stir together 1 Tbsp. olive oil, 1 1/2 tsp. chopped basil, 1/2 tsp. lemon pepper, and 1/4 tsp. salt in a large bowl.
 3. Add asparagus to olive oil mixture, and toss gently to coat. Place asparagus on a lightly greased baking sheet.
 4. Bake asparagus at 425° for 13 to 15 minutes or to desired degree of tenderness. Cool 10 minutes.
 5. Whisk together balsamic vinegar, garlic, and remaining 7 Tbsp. olive oil, 1 Tbsp. basil, and 1/4 tsp. salt.
 6. Toss together tomatoes, bell pepper, onion, and 1 Tbsp. balsamic vinegar mixture.
 7. Arrange lettuce on individual serving plates. Top with tomato mixture and asparagus. Add avocado just before serving. Drizzle with remaining balsamic vinegar mixture.
- Note: To make ahead, toss together tomatoes, bell pepper, and onion without dressing. Store these ready-to-use ingredients in an airtight container in the refrigerator up to five hours. The dressing and asparagus can also be made up to eight hours before serving.

CALORIES 193 ; FAT 17.1g (sat 2.3g,mono 10.8g,poly 1.4g); CHOLESTEROL 0.0mg; CALCIUM 33mg; CARBOHYDRATE 8.8g; SODIUM 181mg; PROTEIN 3.2g; FIBER 2.9g; IRON 1.4mg