



Barbara's Asparagus with Curry Dipping Sauce

A favorite at any pot luck or gathering.

1 lb. fresh green asparagus
1/2 cup reduced fat mayonnaise
1 tsp. curry powder

Makes 6 Servings

- Wash asparagus and break off tough stalk ends.
- Put asparagus in a large pot with a cover enough water to cover. Boil for 3 – 5 minutes until barely tender (longer with thick asparagus). Remove immediately from boiling water and put into ice water to cool quickly. This keeps that gorgeous color!
- Combine mayonnaise and curry powder. This tastes even better if it sits for a little while before serving so the flavors can combine.
- Serve at room temperature or chilled.

Nutritional Information:

Calories: 57	Total Fat: 4.30g
Saturated Fat: 0.75g	Total Carbohydrate: 4.33g
Dietary Fiber: 0.71g	Protein: 1.21g