



Tomato Asparagus Salad

Ingredients

1 lb. fresh asparagus, trimmed
8 cups romaine lettuce, torn
1/3 cup low fat Italian salad dressing
12 cherry tomatoes, halved
2 Tbsp parmesan cheese, shredded

Nutrition Facts (per serving)

Calories	57
Fat (g)	2
Saturated Fat (g)	1
Cholesterol (mg)	0
Sodium (mg)	147
Carbohydrate (g)	7
Fiber (g)	3
Protein (g)	4
Calcium (mg)	0

Preparation

Cook asparagus in boiling water 5-6 minutes or until crisp tender; plunge in ice water to cool and stop cooking. Divide lettuce between 6 plates, arrange asparagus and tomatoes on top and drizzle with Italian dressing. Sprinkle with cheese and chill 1 hour before serving.

Makes 6 Servings

Serving Size: 12 ounces

