

Sauteed Asparagus with Dijon Vinaigrette Dressing

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	teaspoons	dijon mustard
2	tablespoons	sherry or red wine vinegar
2	tablespoons	extra virgin olive oil
		salt and pepper
1	pound	thin asparagus - trimmed and cut into 2.5" lengths

Whisk together mustard, vinegar, and 1 tablespoon oil in a medium bowl. Season with salt and pepper.

Heat remaining 1 tablespoon oil in a large skillet over medium heat. Add asparagus, and season with salt and pepper. Reduce heat to medium low. Cook, stirring frequently, until just tender, 10-12 minutes.

Transfer to serving dish, drizzle and toss with vinaigrette.