



Oven-Roasted Asparagus with Orange-Tarragon Aioli Recipe

Recipe by Roberta L. Duyff, MS, RD, FADA, CFCS

In salads, soup and quiche, and as a side dish or even a main dish, asparagus is a favorite vegetable in the cuisines of France and Belgium. When roasted, the flavor of asparagus becomes sweeter and more intense — and, as a cooking method, roasting vegetables can be as easy and quick as steaming.

To enhance the flavor of roasted asparagus, an orange-tarragon aioli blends plain low-fat yogurt and reduced-fat mayonnaise with citrus and herbs into a savory sauce with less fat and calories than traditional hollandaise.

Ingredients

- 1 1/4 pounds asparagus, with tough ends broken off *
- 2 tablespoons olive oil
- Pepper, to taste
- 1/3 cup low-fat plain yogurt
- 1/3 cup reduced-fat mayonnaise
- 2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon
- 1 tablespoon minced shallots
- 1 small garlic, minced
- 2 teaspoons orange zest
- 1 teaspoon Dijon mustard
- 1/4 cup fresh orange juice
- Tarragon sprigs, for garnish

Directions

1. Preheat the oven to 425°F.
2. Arrange the asparagus stalks in a single layer on an oven-proof baking dish. Drizzle olive oil over asparagus. Roast in the oven for 12 to 15 minutes until asparagus begins to brown, yet has cooked only until fork tender. When cooked, season to taste with pepper.
3. Meanwhile, make aioli by combining yogurt, mayonnaise, tarragon, shallots, garlic, orange zest and mustard in a small bowl. Mix in orange juice. Whisk to blend well. Season to taste.
4. Arrange the roasted asparagus spears on a serving dish. Spoon aioli over the top. Garnish with tarragon sprigs. Serve immediately.

Cooking Note

* The ends of the asparagus stalks will break at the place where they become tender.

Nutrition Information

Serves 4

Calories: 190; Calories from fat: 120

Total fat: 14g; Saturated fat: 2g; Trans fat: 0g

Cholesterol: 10mg; Sodium: 180mg

Total carbohydrate: 14g; Dietary fiber: 3g; Sugars: 9g

Protein: 4g