

Asparagus with Red Pepper Sauce

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Yield: 4 servings

1 lb Asparagus Stalks;	(you might want to try
3 lg Large Red Peppers	Rice vingegar)
3 1/2 tb Olive Oil	1/2 ts Fresh Thyme Leaves
1 tb Balsamic Vinegar	Salt + Pepper

Peel the asparagus if necessary and cook the stalks in lightly salted water for 4 to 8 minutes, depending on thickness, or until fork tender but still firm. Drain under cold water and set the stalks aside. Broil the peppers on all sides until lightly scorched. Place the cooked peppers in a paper bag for 10 minutes. Remove the peppers and peel off the skin. Cut open the peppers and remove the stem, seeds and white flesh. Puree the peppers in the food processor. Mix in the olive oil, Balsamic Vinegar and thyme. Taste for seasoning and add salt and pepper if desired. Place equal amount of the puree on 4 serving dishes. Top with equal amounts of asparagus.

Food Exchange per serving: 1 VEGETABLE EXCHANGE + 1 FAT EXCHANGE
(I would cut back even more on the fat, only using what is necessary...)

Reposted 4 you and yours via Nancy OBrion and her Meal-Master

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<http://free.naplesplus.us/articles/view.php/33444/asparagus-with-red-pepper-sauce-br>