



Low Protein Rice with Steamed Asparagus and Lemon-Herb Vinaigrette

Salad

- 1/2 pound asparagus, ends snapped
- 1/3 cup red onion sliced paper thin
- 2 medium red bell peppers
- 3 cups cooked low protein rice (or low protein orzo)
- 3/4 cup Kalamata olives, pitted and chopped

Vinaigrette

- 7 tablespoons fresh lemon juice
- 4 teaspoons Dijon mustard
- 1 tablespoon plus 1 teaspoon honey
- 3/4 teaspoon Herbs de Provence
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup extra virgin olive oil



1. To prepare the salad: Cook the asparagus in a covered steamer over water at a low boil about 6-7 minutes or until tender crisp. Transfer the asparagus to a pan of ice water and cool. Drain well; cut on the diagonal into 1-inch pieces.
2. Put the sliced red onion in a bowl of cold water and set aside 20 minutes. Drain and pat with paper towels to absorb excess moisture. Cut bell peppers into thin slivers and set aside.
3. Combine cooked rice, asparagus, red onion, bell peppers and olives.
4. To prepare the vinaigrette: Whisk together the lemon juice, mustard, honey, herbs, salt and pepper. Whisk in the olive oil until smooth and blended. Pour over the salad. Serve warm or at room temperature.

1/2 cup serving = 25 mg phe

Recipe adapted from "*Dean and Deluca: The Food and Wine Cookbook*" by Jeff Morgan