

Blanched Asparagus with Lemon Sauce GF, SF, CF, VEG

Ingredients:

2 lbs fresh asparagus, stiff ends removed
1/2 cup raw jarred tahini paste
1/2 cup lemon juice
1 tsp lemon zest
pinch of sea salt
1 small clove garlic chopped
sprinkle of black sesame seeds for garnish

Directions:

Bring a large pot of salted water to a boil.

Meanwhile, trim tough ends off asparagus and cut each spear into two pieces crosswise.

Add asparagus to boiling water and cook 30 seconds to 1 minute or until bright green and tender.

Transfer asparagus immediately from boiling pot to a bowl of ice water and cool 1 minute.

Drain and set asparagus aside.

In a blender combine tahini, lemon juice and zest, salt and garlic clove and puree until smooth. (You may add water if you desire a thinner consistency).

Submitted by: Kaela 08/09