

California Asparagus with Blue Cheese and Pine Nuts



1-1/2 tablespoon red or white wine vinegar
1-1/2 teaspoon finely chopped shallot
salt as needed
1/8 teaspoon freshly ground pepper
2 tablespoons olive oil
1-1/2 lb. California asparagus, trimmed
3 oz. firm blue cheese, chilled
3 tablespoons pine nuts, toasted

To make vinaigrette, mix vinegar, shallot, 1/8 teaspoon salt, and pepper. Whisk in oil; reserve.

Blanch asparagus in a frying pan large enough to hold asparagus in one layer. Bring approximately 3 inches of water to a boil. Stir in 1 tablespoon salt. Add asparagus. Cook at a medium boil until fork tender, about 3 minutes, depending on thickness. Drain on paper towel; cool.

Recipe can be made ahead to this point. Refrigerate vinaigrette and cooled asparagus, tightly sealed, if serving more than 2 hours later. Return to room temperature before continuing.

To assemble, arrange asparagus on a platter; drizzle with vinaigrette. Roll spears to coat with vinaigrette. Shred cheese onto a piece of wax paper, using the small holes of a shredder. Evenly sprinkle shredded cheese over asparagus; scatter pine nuts over cheese.

Serves 6

Nutrients per serving: calories 130; calories from fat 100; fat 11 grams; saturated fat 3.5 grams; cholesterol 5 mg; sodium 240 mg; carbohydrate 5 grams; dietary fiber 1 gram; protein 5 grams.