

Asparagus Tapas with Red Pepper Sauce

2 large red bell peppers, cored and seeded
2 cloves garlic, minced
1 tablespoon olive oil
2 tablespoons raspberry vinegar
1-1/2 tablespoons chopped fresh basil
1/2 teaspoon salt
freshly ground pepper
1 lb. fresh California asparagus, trimmed
1 sourdough or French baguette loaf
sliced julienne strips of bell pepper
snipped fresh basil
shaved Parmesan cheese (garnish)



Coarsely chop bell peppers. Heat olive oil in a large skillet. Add peppers and garlic; cook over medium heat for about 15 minutes or until peppers are softened, stirring occasionally.

Remove from heat and let cool slightly. Place in blender or food processor and puree until smooth; stir in vinegar, basil, salt and pepper.

Cook asparagus spears in boiling salted water for 4 to 5 minutes until crisp-tender; drain. Spoon red pepper sauce on a platter and arrange asparagus over sauce. Garnish with bell pepper, basil and Parmesan, if desired.

Serve with baguette slices.

Serves 4

Nutrients per serving: 134.95 calories, 5.30 grams protein, 21.18 grams carbohydrates, 5.55 grams dietary fiber, 450 grams sodium, 29% calories from fat, 4.75 grams total fat, 0.71 grams saturated fat, 441.66 RE Vitamin A, 136.16 mg Vitamin C, 57% calories from carbohydrates

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