



Weekly Recipe Challenge



Asparagus Salad Topped with Poached Eggs (courtesy of EatingWell)

This asparagus salad topped with poached eggs is satisfying yet light, making it a nice option for lunch, brunch or even dinner with some crusty bread. Roasting brings out a toasty flavor in the asparagus. We like this salad with medium-set poached eggs so the yolks are still a little runny, but poach your eggs for the full 8 minutes if you prefer hard-set yolks.

4 servings (1/2 Carbohydrate Serving) | Active Time: 30 minutes | **Total Time:** 30 minutes



Ingredients

- 2 bunches asparagus (about 1 pound each), trimmed
- 3 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- Zest of 1 lemon
- 2 tablespoons lemon juice
- 1 tablespoon minced shallot
- 1/2 teaspoon dry mustard
- 4 large eggs
- 1/4 cup distilled white vinegar
- 1 7-ounce bag baby arugula (about 10 cups)
- 1/2 cup thinly shaved Parmigiano-Reggiano cheese (see Tip)

Tip: To make shaved cheese for topping salads or pasta, use a vegetable peeler to thinly shave slices off a block of hard cheese, such as Parmigiano-Reggiano, Asiago or Pecorino Romano.



Instructions

1. Preheat oven to 450°F.
2. Toss asparagus with 2 teaspoons oil and 1/4 teaspoon each salt and pepper in a large bowl.
3. Transfer to a large rimmed baking sheet. Roast, stirring once, until very tender, 15 to 20 minutes. When the asparagus is done, set aside to cool while you poach the eggs.
4. Meanwhile, whisk the remaining 2 tablespoons plus 1 teaspoon oil, the remaining 1/4 teaspoon each salt and pepper, lemon zest, lemon juice, shallot and dry mustard in the bowl.
5. Set aside 4 teaspoons of the dressing in a small bowl.
6. Break each egg into its own small bowl. Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add vinegar. Reduce to a gentle simmer: the water should be steaming and small bubbles should come up from the bottom of the pan.
7. Submerging the lip of each bowl into the simmering water, gently add the eggs, one at a time. Cook 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain for a minute.
8. Toss arugula with the dressing in the large bowl. Divide the salad among 4 plates.
9. Top with asparagus and poached egg and drizzle with 1 tsp of reserved dressing. Top with cheese.

Nutritional Information (per serving) Exchanges: 1 1/2 vegetables, 1 1/2 medium fat meat, 2 fat

- **Calories** 239
- **Carbohydrates** 9g (Fiber 3g)
- **Cholesterol** 191mg
- **Fat** 18g (4g Saturated Fat; 11g Monounsaturated)
- **Sodium** 361mg
- **Potassium** 535mg
- **Protein** 13g