
ROASTED ASPARAGUS & POACHED EGG SALAD WITH DIJON DRESSING

2 tablespoons	White wine vinegar
2 cloves	Garlic, chopped
1 tablespoon	Dijon mustard
6 tablespoons	Extra virgin olive oil
Salt and black pepper	
2 pounds	Fresh asparagus, trimmed
1 tablespoon	Extra virgin olive oil
Salt and black pepper	
6	Eggs

Pre-heat oven to 425 degrees

- To make the dressing, combine the vinegar, garlic and mustard, mix well.
- While mixing slowly add the olive oil and mix until smooth.
- Season with salt and black pepper. Set aside until ready to use.
- Break off the tough ends of the asparagus.
- Place the asparagus on a sheet pan, drizzle with olive oil, then toss to coat the asparagus completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper.
- Roast the asparagus for 15 to 20 minutes, until tender, but still crisp.
- Fill a nonstick skillet with about 2 inches of water and bring it to the barest simmer over medium heat. Crack the eggs, slipping them gently into

the water, and cook until the whites are set but the yolks are still runny, 3-4 minutes.

- Using a slotted spoon, gently scoop the eggs from the water, blot dry with a paper towel.
- Divide the asparagus between 6 plates, top with the poached egg and then Dijon dressing.