

ASPARAGUS SPEARS WRAPPED IN SMOKED SALMON

Adapted from Cooking Light

Ingredients

- 24 asparagus spears
- 3 tablespoons plain Greek yogurt
- 1 teaspoon chopped fresh dill
- 1 tablespoon capers
- 4 ounces smoked salmon, sliced in 24 (1/4-inch wide) strips

Instructions

Snap the bottom third of each spear off (asparagus will naturally break around this length when bent). Cook asparagus in boiling water until crisp-tender. Rinse under cold water and drain.

Combine sour cream or yogurt, dill, tarragon, and capers together. Spread about ½ tsp of the herb mixture on one side of each of the salmon strips. Wrap each salmon strip tightly around the middle of the asparagus, with the sour cream side touching the asparagus.

Yield: 8 servings



NUTRITION FACTS PER SERVING (about 3 spears)

CALORIES: 30

PROTEIN: 3 grams

SODIUM: 160 milligrams

CARBOHYDRATE: 2 grams

FIBER: 0.5 grams

FAT: 1 grams

SATURATED FAT: 0.5 grams