

# Asparagus with Red Pepper Sauce

Yield: 2 servings

## Ingredients

- 1/2 pound asparagus stalks
- 1-1/2 large red peppers
- 1-3/4 tablespoons olive oil
- 1/2 tablespoon balsamic vinegar
- 1/4 teaspoon fresh thyme leaves
- Salt & pepper

## Preparation

### 1. Directions

1. Peel the asparagus if necessary and cook the stalks in lightly salted water for 4 to 8 minutes, until fork tender.
2. Drain under cold water and set the stalks aside.
3. Broil the peppers on all sides until lightly scorched.
4. Place the cooked peppers in a paper bag for 10 minutes.
5. Remove the peppers and peel off the skin.
6. Cut open the peppers and remove the stem, seeds and white flesh.
7. Puree the peppers in the food processor.
8. Mix in the olive oil, balsamic vinegar and thyme.
9. Taste for seasoning and add salt and pepper if desired.
10. Place equal amount of the puree on 2 serving dishes.
11. Top with equal amounts of asparagus.

**Nutritional Information: Amount per serving:** Calories: 73

Fat: 3 g

Protein: 3g

Carbohydrate: 5g

