

Asparagus in Vinaigrette with Walnuts



Serves 4

Ingredients:

- 1 pound asparagus
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 individual packet low-carb sweetener
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 small onion
- 1/4 cup extra virgin olive oil
- 4 cups mixed greens

Adapted from [Atkins.com](https://www.atkins.com)

- 1/4 cup chopped English walnuts

Instructions:

1. To toast nuts, place them on a baking sheet in a preheated 325°F oven, turning them after 3 minutes.
2. Bake for another 3 to 6 minutes, checking frequently to avoid burning. You can substitute almonds for walnuts, if you prefer.
3. To make this dish suitable for Induction, simply eliminate the walnuts.
4. Steam asparagus until crisp-tender, about 4 to 7 minutes, depending upon size. Drain, and pat dry with paper towels. Set aside.
5. Combine white onion, vinegar, mustard, sugar substitute, salt and pepper in a mixing bowl. Gradually whisk in oil.
6. Divide lettuce on 4 plates; arrange asparagus on top and drizzle with vinaigrette. Sprinkle with walnuts and additional salt and pepper, if desired.

Nutrition per serving: Calories 204; Total Fat 18.6 g; Saturated Fat 2.4 g; Monounsaturated Fat 10.6 g; Polyunsaturated Fat 5.0 g; Total Carbohydrates 7.9 g; Dietary Fiber 4.1 g; Sugar Alcohols 0.1 g; Sugar 3.1 g; Protein 4.6 g; Sodium 344 mg