

Asparagus Slaw

Servings: 8

8 stalks asparagus spear, fresh, julienned
2 stalks green onion, julienned
1 stalk carrot, julienned
1 tablespoon gingered peach jam
1 tablespoon vinegar
2 tablespoons olive oil (cold pressed preferred)

Combine the ingredients at least 1 hour ahead - refrigerate till serving time.

For hot vegetable side dish, omit vinegar, saute.

Jacque' Rudman

Per Serving (excluding unknown items): 35 Calories; 3g Fat (84.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.