

ARUGULA, EGG & CHARRED ASPARAGUS

Salad

WAC Fun Food Fact

Research about eggs can be confusing! Still, eggs are a great source of protein, easy to cook, and delicious. Most people can eat at least a moderate amount of eggs without worry. No need to toss the yolk; it contains many valuable nutrients, including fat-soluble vitamins.



INGREDIENTS

- 4 large eggs in shells
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 1 tablespoon extra-virgin olive oil
- 12 ounces medium asparagus, trimmed
- 1/4 cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 1 (5-oz.) pkg. baby arugula

INSTRUCTIONS

- 1** Preheat broiler to high.
- 2** Bring a small saucepan filled with water to a boil. Carefully add eggs; cook 8 minutes. Place eggs in a bowl filled with ice water; let stand 2 minutes. Peel eggs, cut into quarters, and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- 3** Combine olive oil, 1/4 teaspoon salt, 1/4 teaspoon pepper, and asparagus on a baking sheet; spread in a single layer in pan. Broil 3 minutes or until lightly charred. Remove asparagus mixture from pan; cut into 2-inch pieces.
- 4** Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, yogurt, juice, and 1 tablespoon water in a medium bowl, stirring with a whisk. Add arugula; toss. Arrange arugula mixture on a platter; top with asparagus mixture and eggs.

Prep Time: 20 minutes

Serves: 4

Serving size: about 2 cups salad and 1 egg

Calories 148 • Fat 10.1g • Sattfat 3.3g • Monofat 4.4g
Polyfat 1.6g • Protein 10g • Carbohydrate 6g • Fiber 2g
Cholesterol 189mg • Iron 3mg • Sodium 446mg
Calcium 119mg • Sugars 3g • Est. added sugars 0g



Recipe of the Month | **MAY**