

Simple Elegant Asparagus Salad

- ◆ 1/2 lb fresh asparagus
- ◆ 1 large tomato sliced into 4 slices
- ◆ Mayonnaise
- ◆ Shredded cheese
- ◆ Lettuce leaves or shredded lettuce
- ◆ Paprika

Snap woody ends off the asparagus. Simmer in boiling water 1-2 minutes. Remove immediately and plunge into ice water to stop the cooking. On a small salad plate or dish, place the lettuce leaves (1 or 2 per plate), lay two tomato slices over the lettuce. Spread mayo over the tomatoes. Lay half the asparagus over the tomatoes and spread with mayo. Sprinkle with grated cheese and a dash of paprika!



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Europeans of the Renaissance swore by asparagus as an aphrodisiac, and the church banned it from nunneries.

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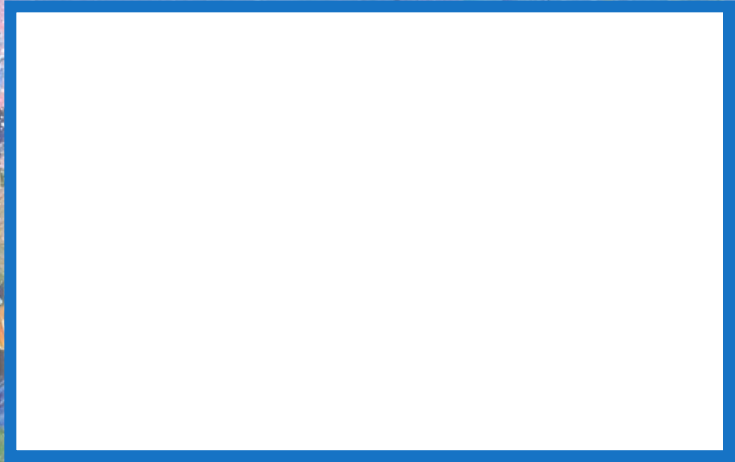


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