

Asparagus with Roasted Red Peppers

NL #13

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From Dr. Dean Ornish's Program for Reversing Heart Disease.

(Makes 4 servings)

- ? 1 1/2 cups asparagus
- ? 1 medium red pepper
- ? 1 teaspoon freshly minced garlic
- ? 1 teaspoon balsamic vinegar
- ? Salt
- ? Pepper

Remove hard bottom stem of asparagus and slice rest of stalk into approximately 1-inch pieces. Blanch asparagus and put into-cold water to stop it from cooking further. Drain and set aside.

Roast red pepper in 500 [degrees] oven for 20-30 minutes, turning occasionally. When skin has darkened and blistered, remove pepper from oven. Transfer to bowl and cover with aluminum foil. Let cool 30 minutes, then peel off skin and seed pepper. Slice into julienne strips and toss 1/2 cup roasted pepper with garlic and vinegar. Let marinate a few minutes, then toss peppers with asparagus. Add salt and pepper to taste and serve.

Per serving (1/2 cup):

Calories: 16

Cholesterol: 0 mg

Total fat: 0.2 gm

Saturated fat: trace