

ASPARAGUS SPEARS WRAPPED IN SMOKED SALMON

Adapted From "Cooking Light"

Serves 8; 3 spears per person

24 asparagus spears

3 tablespoons low fat sour cream

1 teaspoon fresh dill, chopped*

1 teaspoon fresh tarragon, chopped*

1 tablespoon capers

4 ounces smoked salmon, sliced
into 24 (1/4 inch wide) strips

** If fresh is not available dried
can be substituted.*

Snap bottom 1/3 of asparagus off (asparagus will naturally break around this length when snapped). Cook asparagus in boiling water until crisp-tender. Rinse under cold water and drain. Combine sour cream, dill, tarragon and capers together. Spread about 1 tsp of the sour cream mixture on one side of each of the salmon strips. Wrap each salmon strip tightly around the middle of the asparagus, with the sour cream side touching the asparagus.

(over)

Nutrition Information Per Serving

CALORIES	29
PROTEIN.....	3 g
SODIUM	161 mg
CARBOHYDRATES	2 g
FIBER.....	0.6 g
FAT	1 g
Saturated Fat	0.4 g



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