



# asparagus DIJON

## Measure Ingredients:

1 lb. asparagus, cooked  
½ cup skim milk  
1 tsp Dijon mustard  
1 tbsp flour  
¼ cup fat-free sour cream  
1 tsp balsamic vinegar  
salt and pepper to taste

## Preparation:

Combine the milk, mustard and flour in a small saucepan and blend well. Cook over medium heat, stirring, 3 to 5 minutes or until mixture thickens and is bubbly. Stir in the sour cream, vinegar, salt and pepper. Heat through, and spoon the warm sauce over cooked asparagus.

# Nutritional Information

Calories 54, Fat 0, Cholesterol 0, Carbohydrate 8, Protein 4, Sodium 115.

Number of Servings: 4

Recipe by Richard Collins, MD - WELLCOA