

ASPARAGUS

with Pomegranate Seeds, Tahini and Pistachios

The holidays are hectic enough without having to stress about last-minute dinner guests. Keep it simple by having some ingredients - like roasted nuts, tahini, chickpeas for hummus or roasting, and fresh veggies for easy sides, snacks, and mains. Here's a quick holiday dish festive enough for company!



INGREDIENTS

1 bunch of asparagus
½ cup pomegranate seeds (arils)
¼ cup unsalted, roasted
pistachios, chopped

DRESSING

2 heaping tablespoons, tahini
2 tablespoons neutral oil, divided
2 limes, juiced (can substitute juice of
one lemon)
2 tsp tamari
1 tsp maple syrup

DIRECTIONS

For the asparagus: cut off the hard woody ends or snap the ends off. Using a vegetable peeler, shave the tough bottom of the stalks. Heat a large skillet over medium-high heat. Add the oil and swirl to coat the pan. Add the asparagus in a single layer and cook, turning occasionally, until lightly golden and almost tender, 8 to 10 minutes. (If you prefer your asparagus really tender, add 1 tablespoon of water to sauteed asparagus, cover and steam for about 7-8 minutes.)

For the dressing: combine all ingredients until smooth. Place dressing in a saucepan over a low flame and heat until hot.

For serving: place the asparagus on a serving plate, drizzle with the hot, tahini-lime sauce and top with the chopped pistachios and pomegranate seeds.