

Asparagus with Shallot and Parsley Sauce

Serves 4

1 pound asparagus
3 tablespoons salt
¼ teaspoon baking soda
1 slice of bacon, finely chopped
2 small shallots, finely chopped
1 cup reduced-sodium chicken stock
1 tablespoon unsalted butter, cold, cut into pieces
Freshly ground black pepper
2 tablespoons fresh chopped parsley
2 tablespoons freshly grated Parmesan

1. Cut the woody bottoms off the asparagus and peel it, leaving the flower part intact.
2. Bring a large pot of water to a boil. Add the salt and baking soda. Submerge the asparagus in the water and cook until they just become soft. Immediately transfer them to an ice bath and then let them cool completely. Remove from the ice bath and let them dry on paper towels.
3. In a medium sauté pan, add the olive oil and bacon and cook over medium heat until lightly crispy, about 2 minutes. Lower the heat and add the shallots, stirring occasionally, being careful not to brown them, about 2 minutes. Add the chicken stock and reduce by half, about 5 minutes.
4. Lift the saucepan a few inches above the heat and add the cold pieces of butter. Shake the pan back and forth until the butter is melted and incorporated into the sauce. Season with pepper. Add the asparagus to the pan and reheat over very low heat, being careful not to boil the sauce. Add the parsley.
5. Transfer the asparagus and sauce to a plate and serve with the Parmesan sprinkled on top.

Nutritional Facts		
Serving Size: 1/4 of recipe		
Amount Per Serving		
Calories: 89		
Total Fat	6	g
Saturated Fat	3	g
Cholesterol	14	mg
Sodium	231	mg
Total Carbohydrate	5	g
Sugar	2	g
Dietary Fiber	2	g
Protein	4	g