



Roasted Asparagus with Creamy Yogurt Ranch Dressing

MyPlate2Yours - Lynn Dugan

Ingredients

Dressing:

3/4 cup low-fat plain Greek yogurt
1 cup low-fat buttermilk
1/4 teaspoon each: garlic powder, onion powder, ground pepper
1/8 teaspoon salt
1/4 cup fresh chives, finely chopped

Asparagus:

1-1/2 pounds fresh asparagus, trimmed and cleaned
1 tablespoon olive oil
Salt and freshly ground pepper

Directions

Dressing:

Combine yogurt with garlic and onion powder, ground pepper, and salt in a medium bowl. With a whisk, slowly blend in buttermilk. Mix in chives. Chill or use immediately.

Asparagus:

Preheat oven to 450 degrees. Toss asparagus spears with olive oil and place on baking sheet. Grind salt and pepper over the spears and roast for 5-7 minutes until the spears are bright green and tender crisp. Remove immediately from oven and allow to cool.

When asparagus has cooled to warm or room temperature, serve the asparagus on a platter topped with the desired amount of dressing. Enjoy!

This recipe is adapted from www.midwestdairy.com