

# Asparagus, Balsamic Tomatoes, Goat Cheese

Serving Size: 1/2 cup

Makes 7 servings

## Ingredients:

1 pound asparagus, trimmed  
2 TBSP olive oil  
1 ½ cups grape tomatoes  
½ tsp garlic, minced  
2 TBSP balsamic vinegar  
1/8 tsp salt  
2 ½ TBSP goat cheese, crumbled  
½ tsp black pepper

## Preparation:

1. Blanch asparagus in boiling water for about 1 minute. Shock in an ice bath. Drain and set aside.
2. Heat olive oil in a sauté pan over medium-high heat. Add tomatoes and garlic. Cook for about 5 minutes or until tomatoes are slightly caramelized.
3. Stir in vinegar and reduce heat to a simmer. Add salt.
4. Arrange asparagus on a platter. Top asparagus with tomato balsamic mixture and crumbled goat cheese. Season with black pepper to taste.

NUTRITION FACTS	
PER SERVING	
calories	70
<b>total fat (g)</b>	5
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	60
<b>total carbohydrate (g)</b>	5
dietary fiber (g)	2
sugar (g)	3
<b>protein (g)</b>	3



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