

Asparagus Crab Salad

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Asparagus and crab receive the special treatment with a creamy, lemony sauce reminiscent of hollandaise, but fit for a light salad. For a heartier meal, serve this over toasted whole grain bread and alongside your favorite chips.

Ingredients:

1 pound asparagus, thick ends removed
¼ cup mayonnaise
2 tablespoons lemon juice
1 tablespoon olive oil
1 teaspoon Dijon mustard
½ teaspoon sea salt
¼ teaspoon black pepper
12 large spinach leaves
¾ pound cooked crabmeat
2 tablespoons chopped fresh parsley

Directions:

1. Bring a large pot of water to a boil. Add asparagus and cook until just tender, 2 to 3 minutes. Drain and set aside.
2. Meanwhile, whisk together the mayonnaise, lemon juice, oil, mustard, salt, and pepper in a medium bowl.
3. To serve, arrange spinach leaves on serving plates. Divide crabmeat and asparagus evenly over each leaf, and drizzle with prepared dressing. Garnish with parsley and serve.