

Marinated Asparagus Salad

Recipe By OU Kosher



Cooking and Prep:  3
h 20 m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Carb

Source: OU Kosher

A delicious chilled asparagus salad with a simple vinaigrette. Courtesy of
Women's Branch of the Orthodox Union

Ingredients (8)

Main ingredients

- 2 pounds asparagus
- 1/4 cup sugar
- 3/4 cup vinegar or lemon juice
- 3/4 cup water

- 1 onion, sliced
 - 3 tablespoons oil
 - 1 teaspoon salt
 - 1 clove garlic or 1 cube **Gefen Frozen Garlic** or 1 teaspoon garlic powder
-

Start Cooking

Prepare the Salad

1. Wash asparagus. Snap off ends.
2. Place in a large pan with a half cup water. Bring to a boil, then cover and cook 8–10 minutes. Drain.
3. In a small bowl mix sugar, vinegar or lemon juice, water, oil, salt, and garlic.
4. Layer asparagus and onions in glass bowl. Pour the marinade over, cover, and refrigerate several hours or overnight.

Note:

Kashrut Instructions (Courtesy of OU Kosher)

GREEN ASPARAGUS:

DESCRIPTION: Asparagus contains beetles and thrips. Thrips are primarily found under the triangle scales and somewhat less frequently in the tips of the asparagus.

INSPECTION:

- Shave down the floret at the asparagus tip.
- Remove the triangle parts along the side of the asparagus. (A potato peeler is recommended.)
- Wash thoroughly.

When prepared in this manner, special inspection is not necessary.

WHITE ASPARAGUS:

This hard to find and very expensive cousin to green asparagus has neither open florets nor scales for the insects to occupy. Hence, it may be used without any special preparation. However, it should be washed thoroughly before using.