



## CREAMY ANCHOVY DRESSING

- 1 jar **Crown Prince Natural Flat Anchovies**, drained
- 1 1/2 cups mayonnaise
- 2/3 cup heavy whipping cream
- 1/2 cup sliced green onions
- 1/2 cup minced fresh parsley
- 2 tablespoons minced chives
- 2 tablespoons lemon juice
- 2 pounds fresh asparagus spears, trimmed

Puree the first seven ingredients in a blender or food processor until smooth. Cover and refrigerate for at least 1 hour. Just before serving, blanch asparagus in boiling water for 5 minutes or until just tender; drain well. Spoon dressing over asparagus. *Yields 2 1/2 cups. Serves 10.*

NOTE: Leftover dressing may be stored in the refrigerator for up to 3 days. Try dressing with green beans, broccoli or any vegetable of your choice.

*Per Serving: 194 Calories (135 Calories from Fat), 15g Fat, 3g Protein, 13g Carbohydrate, 23mg Cholesterol, 468mg Sodium*