



Greece: Images of an Enchanted Land, 1954-1965 / The Quantuck Lane Press

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Asparagus is an exciting vegetable because of its versatility and the phenomenal plate presentations that are possible. Think about it: even when it's cooked (or cooked properly), it still stands up. On top of that, it's delicious, low in calories and sodium, and contains no fat or cholesterol. It's also a good source of folic acid, potassium and dietary fiber.

Asparagus with Feta Vinaigrette

Makes 6 to 8 mezze servings
Serves 4 as a larger side dish

Ingredients:

2 lbs fresh asparagus, trimmed
3 Tbsp olive oil
2 Tbsp lemon juice
1 tsp Dijon-style mustard
1 tsp fennel seed, crushed
¼ tsp salt
½ tsp freshly ground black pepper
½ cup feta cheese, crumbled
6 cherry tomatoes, halved

Directions:

Steam the asparagus spears until they're tender (the time will vary, depending on your own taste and the thickness of the spears). Drain the cooked spears and place them on a serving platter.

While the asparagus is steaming, combine the oil, lemon juice, mustard, fennel, salt and pepper in a mixing bowl. Whisk to blend.

Pour the *latho-lemono* (dressing) evenly over the asparagus, sprinkle with cheese and garnish with tomato halves. Serve warm or at room temperature.