

Asparagus with Mock Hollandaise Sauce

Serving Size about 3 ounces asparagus and 2 tablespoons sauce

Servings 8

Prep Time 7 min

Cook Time 20 min



Nutrition Information

Calories	57
Fat	2.7 g
Saturated fat	0.7 g
Protein	3.2 g
Carbs	6.7 g
Cholesterol	51 mg
Sodium	169 mg

Health Benefit

Low Fat

Ingredients

2 pounds [asparagus](#)

2 [egg yolks](#)

1 cup [water](#)

2 tablespoons [cornstarch](#)

1/2 teaspoon [salt](#)

2 tablespoons [lemon juice](#)

1 tablespoon [margarine](#)

Directions

1. Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired.
2. Cook asparagus, covered, in a small amount of boiling water 8 to 10 minutes or until tender; drain. Set aside, and keep warm.
3. Place egg yolks in a small bowl; stir well with a wire whisk.
4. Combine water, cornstarch, and salt in a small, heavy saucepan. Cook over low heat, stirring constantly, until mixture comes to a boil and begins to thicken. Remove from heat; add 2 tablespoons cornstarch mixture to egg yolks, stirring constantly with a wire whisk. Add egg yolk

mixture to remaining cornstarch mixture; cook, stirring constantly, 2 minutes or until temperature reaches 160°. Remove from heat; stir in lemon juice and margarine.

5. To serve, spoon sauce over asparagus, and sprinkle with lemon rind, if desired.

All-New Complete Step-by-Step Diabetic, Oxmoor House 2010