

# Asparagus with Maple Tahini Dressing

*Reproduced with permission from Food is Our Medicine: Making it Sacred Cookbook*  
Southern Ontario Aboriginal Diabetes Initiative

## INGREDIENTS

2 lbs asparagus (10-12 servings)

### *Dressing:*

1 tablespoon Tahini

1/2 tablespoon extra virgin olive oil

1 tablespoon maple syrup

1 tablespoon balsamic vinegar

Pinch of white pepper and sea salt



## DIRECTIONS

1. Cut the ends from the asparagus; discard.
2. Steam asparagus in a pan with a small amount of water for 5 minutes.
3. Plunge steamed asparagus into cool or cold water to stop the cooking process and retain bright green colour.
4. Mix the dressing ingredients until well blended using a wire whisk.
5. Arrange asparagus on a plate; drizzle with dressing and serve.

*Variation: Omit salt in dressing and sprinkle lightly with coarse salt upon serving.*

Indigenous to North America: maple syrup, asparagus

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

*Kate Brant*