



# Steamed asparagus with dipping

## Ingredients (serves 2)

1 bunch green asparagus spears

### For the sauces:

1 skimmed yogurt (lactose-free in case of intolerance)

Fresh herbs

Low-fat mayonnaise (skip in case of hypertension or liquid retention)

Ground sweet paprika

Assorted vegetables (onion, pepper, carrots, etc.)

Lemon

Extra virgin olive oil

## Method

1. Wash and cut the ends of the asparagus.
2. Boil some water in a pot and place a strainer of the same diameter on top.
3. Put the asparagus in the strainer, cover with a plate, and let it steam four to five minutes approximately, until they are soft. Reserve.
4. For the first sauce: Chop the fresh herbs and mix with skimmed yogurt.
5. For the second sauce: combine paprika and mayonnaise.
6. For the last sauce: juice the lemon and mix with chopped vegetables, adding a tablespoon of virgin olive oil.
7. Serve the steamed asparagus with the three sauces.