

Grilled Asparagus with Hazelnuts & Chervil

Serves 4

From chef Jason Smith of Florio in San Francisco

The vinaigrette

- 1 shallot, minced
- 2 tablespoons sherry vinegar
- 1 tablespoon Dijon mustard
- ½ cup extra virgin olive oil

The asparagus

- 2½ pounds medium-size asparagus
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt + more to taste
- ¼ teaspoon freshly pepper +

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- ¼ cup toasted hazelnuts, skinned and chopped
- A hard-boiled egg
- A few chervil sprigs

Instructions: In a bowl, combine shallot, vinegar and mustard. Whisk in olive oil until the vinaigrette is creamy.

Trim asparagus of their fibrous ends, drizzle with olive oil and season with ½ teaspoon salt and ¼ teaspoon pepper or to taste.

Using either a grill or grill pan, cook the asparagus until tender all the way through, about 4-6 minutes depending on size. Turn spears a couple times during cooking.

Transfer to a large mixing bowl and add the vinaigrette and hazelnuts. Toss and season to taste with more salt and pepper if desired. Grate the hard-boiled egg on a cheese grater and set aside.

Divide among four plates, then garnish with chervil sprigs and grated egg.

Per serving: 305 calories, 9 g protein, 7 g carbohydrate, 28 g fat (16 g saturated), 275 mg cholesterol, 68 mg sodium, 2 g fiber.