

## Asparagus & New Potatoes with Creamy Za'atar Dressing

HANDS-ON TIME: 45 min

TOTAL TIME: 45 MIN; SERVES 6: 1 cup each

### INGREDIENTS:

- 1 lb small new potatoes, scrubbed
- 1 1/2 tsp kosher salt, divided
- 1 lb asparagus, trimmed
- 3/4 cup low-fat plain Greek yogurt
- 1/4 cup minced shallots
- 2 Tbsp za'atar
- 2 tsp lemon zest
- 1 Tbsp lemon juice
- 1 Tbsp cider vinegar
- 1/2 cup finely minced dill pickle
- 1/4 cup chopped fresh dill
- 1/2 tsp ground pepper



**Instructions:** *A spice blend of sumac, sesame and herbs, za'atar is a Middle Eastern staple that works with a ton of foods. It's available in Middle Eastern markets and where other specialty spices are sold. To make your own: Blend 1 tsp each ground sumac, sesame seeds and dried thyme with 1/4 tsp salt.*

1. Place potatoes in a medium saucepan and cover with 1 inch of cold water. Bring to a boil. Add 1 tsp salt to the boiling water. Reduce heat to medium and cook until the potatoes are tender when gently pierced with a knife, 12 to 14 minutes. Drain. Spread the potatoes out on a baking sheet and let cool for about 15 minutes. Halve or quarter them and transfer to a large bowl.
2. Meanwhile, place a large bowl of ice water next to the stove. Bring a large skillet of water to boil. Add asparagus and cook until just tender, about 1 minute. Transfer the asparagus with tongs to the ice bath for 1 minute, then transfer to a clean kitchen towel to wick away some of the water. Cut the asparagus into 2 inch pieces and add to the bowl with the potatoes
3. Combine yogurt, shallots, za'atar, lemon zest, lemon juice, vinegar and the remaining 1/2 tsp salt into a small bowl. Add the dressing to the asparagus and potatoes; toss well to coat. Add pickle, dill and pepper and toss again.

CAL 102 | FAT 1G (SAT, 0G) | CHOLESTEROL 2MG | CARBS 19G | SUGARS 3G | PROTEIN 5G | FIBER 2G | SODIUM 320MG | POTASSIUM 367MG

From EATINGWELL May/June 2016

Get 15 best grilling tips at [eatingwell.com/webextra](http://eatingwell.com/webextra)