Prosciutto-Urapped Asparagus With Orange Cream

²/₃ cup light mayonnaise
2 tsp. grated orange zest
¹/₃ cup orange juice
¹/₂ tsp. pepper
18 jumbo asparagus
9 thin slices prosciutto, halved lengthwise
Orange wedges, for garnish



- 1. In medium bowl, whisk together mayonnaise, orange zest, orange juice and pepper. Refrigerate until ready to serve.
- In vegetable steamer (or asparagus pot; see tip), cook asparagus until crisp-tender, about 3 minutes. Rinse asparagus under cold water to stop cooking. Pat dry.
- 3. Wrap each asparagus with piece of prosciutto. Serve with orange cream for dipping. Garnish with orange wedges.

Tip: There are tall, narrow pots designed specifically for steaming asparagus. The spears are placed standing up in a steamer insert, which puts the fatter ends of the spears closer to the heat source and the more delicate tips farther away. Of course, a regular steamer works fine.

Makes 6 servings Per serving: 166 calories, 11 g fat, 10 g carbohydrates (1.9 g fiber), 8 g protein, 784 mg sodium

