

Steamed Asparagus with Tarragon Mayonnaise

High-class asparagus gets a drizzling of low-fat, cholesterol-free mayonnaise.

1 cup mashed soft tofu (8 oz)
2 tablespoons lemon juice
1 tablespoon Dijon mustard
1/2 teaspoon salt
2 tablespoons finely chopped shallot (1 large)
1 clove garlic, finely chopped
2 teaspoons vegetable oil
1 tablespoon chopped fresh tarragon leaves or 1 teaspoon dried tarragon leaves
1 lb fresh asparagus spears

1 . To make mayonnaise, in blender or food processor, place tofu, lemon juice, mustard, salt, shallot and garlic. Cover and blend on medium speed until smooth. With blender on, add oil by drops. Place in glass or plastic container; stir in tarragon. Cover and refrigerate at least 1 hour or until chilled.

2 . Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket). Place asparagus in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 8 minutes or until crisp-tender. Serve with mayonnaise.

