



Recipe from: [My Catholic Tradition](#)

### **Asparagus, Bacon and Leaf Salad**

Frisée has feathery, curly, slightly bitter tasting leaves and is a member of the chicory family. Frisée leaves range in color from yellow-white to yellow-green.

SERVES FOUR

1 1/4 lb medium asparagus spears  
4 1/2 oz thin-cut smoked back (lean) bacon  
9 oz frisée lettuce leaves or mixed leaf salad  
1/2 cup French dressing

Trim off any tough stalk ends from the asparagus.

Cut the spears into three, setting the tender tips aside.

Heat a 1/2 inch depth of water in a frying pan until simmering.

Reserve the asparagus tips and cook the remainder of the spears in the water for about 3 minutes, until almost tender.

Add the tips and cook for 1 minute more.

Drain and refresh under cold, running water.

Dry-fry the bacon until golden and crisp and then set it aside to cool slightly.

Use kitchen scissors to snip the bacon into bite size pieces.

Place the frisée or mixed leaf salad in a bowl and add the bacon.

Add the asparagus and a little black pepper to the salad.

Pour the dressing over and toss the salad lightly and then serve before the leaves begin to wilt.