

# Grilled Asparagus with Creamy Sweet Potato Sauce and Crispy Rosemary

## Prep Time

4 hours

## Cooking Time

20 minutes

## Yields

2 servings

## Ingredients

1 bunch fresh asparagus  
1 sweet potato  
½ cup cashews  
¼ cup coconut milk  
1 bunch rosemary  
Sea salt, to taste  
Black pepper, to taste

## Directions

1. Soak cashews in filtered water for four hours or overnight.
2. Rinse asparagus and sweet potatoes and cube sweet potatoes. Break off tough asparagus ends.
3. Bring three cups of salted water to a boil and add the sweet potatoes first, then the asparagus.
4. Remove asparagus after three minutes and transfer to plate.
5. Allow sweet potato to simmer for five more minutes or until tender. Transfer to plate.
6. Add sweet potato, soaked cashews, coconut milk, sea salt, and pepper to blender and blend on high until creamy. Add water if too thick.
7. Bring olive oil to medium-high heat in pan and sear asparagus for 3–5 minutes on each side, until slightly charred.
8. Rinse and pat dry rosemary and add to pan after you remove asparagus.
9. Cook rosemary for a minute or less, just until crispy but not burnt.
10. Ladle sauce over asparagus and top with rosemary.

## Credit

Used with permission from The Integrative Nutrition Cookbook, 2016