



Fresh Asparagus Ribbon Salad

Serves 4

SALAD:

1 bunch asparagus
arugula
pine nuts, toasted
Parmigiano Reggiano, shaved

VINAIGRETTE:

1/4 cup olive oil
2 tbsp apple cider vinegar
juice of 1/2 fresh lemon
pinch of kosher salt
fresh ground pepper
1/2 tsp dijon mustard
dash of cayenne

Filling Directions:

1. Add arugula to large salad bowl.
2. Mix dressing by whisking all ingredients together.
3. Wash asparagus, snap off woody stems, and then carefully peel into ribbons. Using a vegetable peeler, create ribbons by peeling from the bottom of the stalk and moving upward toward the tip.
4. Toast pine nuts in a nonstick skillet over medium-high heat. Stir and toast until golden brown.
5. Shave Parmigiano Reggiano into thin ribbons (using a vegetable peeler).
6. Add all ingredients to salad bowl, toss with vinaigrette and marinate for 10-15 minutes before serving.