

# LEMON ASPARAGUS RIBBON SALAD

Recipe from Katie Harvey of the Organic Association of Kentucky

## Ingredients:

- 1 bunch of asparagus
- 3 tbsp olive oil
- 1 lemon juiced
- 1 tbsp stone ground mustard
- 1/4 tsp pepper
- 1-2 handfuls of arugula
- Handful of shredded pecorino cheese
- Handful of toasted pine nuts



## Directions:

1. Wash the asparagus and trim woody ends.
2. Take a vegetable peeler and make ribbons by laying a spear flat and taking the peeler left to right along the stalk. The tops can be left whole or roughly chopped. Add all of the asparagus to a large bowl.
3. Combine the dressing by adding oil, lemon juice, mustard, and pepper in a glass jar with a lid and shake the jar until it is well-blended.
4. Toss the dressing with the asparagus in the bowl. Add a few handfuls of arugula to get the right ratio of greens to dressing. Let the dressed salad sit for 10-15 minutes before serving.
5. Add a handful of pine nuts to a small skillet on low to medium heat. Let them toast for about 5 minutes or until they turn slightly brown and release a small amount of oil.
6. Sprinkle the toasted pine nuts on the salad and add a handful of pecorino cheese.
7. Give it an additional toss and enjoy. Serves 4.

## Recipe Tips:

- Store any remaining asparagus stalks upright in a glass of water on the counter or the fridge.
- Feel free to substitute pine nuts for another option you have on hand like walnuts or pumpkin seeds.
- Try tossing in other spring flavors like shaved fennel or chopped garlic scapes or mint.

