

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Asparagus Ribbon Salad w/ Almonds & Pecorino

Serves 3-4 as an entrée salad

1/3 cup slivered almonds

1 pound fresh asparagus

Juice of 1 lemon

4 ½ tablespoons extra virgin olive oil

Coarse salt

Freshly ground pepper

Rounded ½ cup grated or shaved Pecorino Romano cheese

Toast the slivered almonds in a 350 degree oven 5-7 minutes until golden brown.

Wash the asparagus and dry it well. Do not snap off the ends of the asparagus spears, as they become the perfect handle. Use a “Y” peeler if you have one to easily shave the asparagus ribbons. Other sharp peelers will work though you will want to place each spear in line with the edge of your cutting board so the peeler can go low enough to shave most of it.

Divide the spears into three approximately equal groups. Holding on to the bottom end of a spear lightly draw the peeler all the way from the bottom to the tip. Discard the “handle” and scatter the ribbons on a plate.

When you have completed 1/3 of the asparagus, drizzle on 1/3 of the lemon juice and 1/3 of the olive oil. Sprinkle with a little coarse salt and fresh pepper, 1/3 of the almonds and 1/3 of the cheese.

Repeat this twice more with each of the remaining two groups of asparagus.

Let the salad sit for about 15 minutes before serving for the flavors to marry and the asparagus to slightly soften.

