ASPARAGUS

Asparagus Salad

INGREDIENTS

1 bunch asparagus
½ cup red onion, diced small
½ cup slivered almonds
1 cup grape tomatoes, halved

¼ cup lemon juice
¾ cup olive oil
2-4 T Shredded parmesan cheese
Salt and pepper to taste (approx. 1-2 tsp salt, minimum)

PEAK SEASON | *May–June*

DIRECTIONS

1. Wash the asparagus and snap the bottom ends off to keep only the tender upper parts of the asparagus spears.
2. With a vegetable peeler, shave the asparagus spears into thin slices, from base to tip.
3. Combine shaved asparagus, onion, almonds, and tomatoes, and add the lemon juice and olive oil. Season with salt and pepper to your taste. Add parmesan just before serving.

Nutrition Fact:
Did you know a serving of asparagus provides 60% of the recommended daily allowance of folate? Folate helps keeps your heart and blood healthy!

Recipe provided by Eastern Market Chef Aaron Egan

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