ASPARAGUS RIBBON SALAD

INGREDIENTS:
1 bunch fresh asparagus
2 cups arugula
⅓ cup slivered almonds
Parmesan cheese, for serving

Dressing:
3 tbsp extra-virgin olive oil
2 tbsp freshly squeezed lemon juice
2 tsp honey
1 shallot, minced
Salt and pepper to taste

DIRECTIONS:
1. Using a vegetable peeler, start from the top of the spear, and gently shave downward, to create thin ribbons of asparagus. (Don’t worry about being perfect; it’s meant to be rustic!) Transfer the asparagus ribbons in a large bowl and set aside.
2. Combine dressing ingredients in a jar covered with a tight-fitting lid and shake to combine. Toss asparagus with the dressing until fully coated. Let marinate for 15 to 20 minutes. Toss the asparagus with the arugula.
3. Sprinkle the asparagus-arugula mixture with the almonds and many grinds of fresh black pepper (it really adds a lot to this dish!). Top with a few shavings of Pecorino Romano, if using. Serves 6.

NUTRITIONAL INFORMATION (per serving): 98 calories, 3g protein, 1g dietary fiber, 2g total sugars, 8g fat, 3mg cholesterol, 1mg Iron, 5mg Vitamin C, 2mg Vitamin A, 69mg Calcium

Recipe and photo courtesy of: Sarah Britton, My New Roots