

Raw Julienned Asparagus Salad

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the bottom with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Looking to detox? Asparagus is a natural and inexpensive detoxifier! Its green spears are rich in asparagine, an amino acid that helps cleanse your kidneys of waste.

In a large bowl, whisk oil, vinegar, lemon zest and juice, salt and pepper with a fork until combined. With a potato or julienne peeler, slice asparagus into thin strips or ribbons, working in 1 stroke from stem to tip. Add asparagus and pistachios to vinegar mixture and toss gently to combine. Top with Parmesan.

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FOLD LINE

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RAW JULIENNED ASPARAGUS SALAD

Serves 4. Hands-on time: 15 minutes. Total time: 15 minutes.



INGREDIENTS:

- 2 tbsp extra-virgin olive oil
- 1 tbsp white wine vinegar
- 1 tsp finely grated lemon zest
- 1 tbsp fresh lemon juice
- Pinch each sea salt and fresh ground black pepper
- 1 14-oz bunch asparagus, washed and trimmed
- 2 tbsp chopped unsalted pistachios
- 1 tbsp grated low-fat Parmesan cheese

Nutrients per 1½-cup serving: Calories: 111, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 5.5 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 52 mg, Cholesterol: 1 mg