



Asparagus and Walnut Salad

Makes 4 servings



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|--------------------------------------|------------------------------------|
| 1 pound asparagus | ½ tsp honey |
| ½ of a lemon, juiced | 1 tsp fresh thyme |
| 3 tbsp extra virgin olive oil | 1 oz shaved Parmesan cheese |
| ½ cup walnuts | |
| 1 green onion | |

1. Preheat the oven to 350°. Spread the walnuts on a small baking sheet and bake for 8 minutes or until lightly toasted. Transfer to a plate to cool, then break in half lengthwise.
2. Bring a pot with about 2 quarts of water and 1 tbsp of salt in it to a boil. Cut rough ends of asparagus off and blanch for 45 seconds. Quickly remove asparagus and cool in cold water. After asparagus is cooled, cut the asparagus on a bias (diagonal) no longer than 2 inches.
3. Chop the green onion very fine and mix with the lemon juice, honey and fresh thyme in a mixing bowl. Drizzle in olive oil to make the dressing. Season with salt and pepper as needed.
4. Toss asparagus and walnuts in dressing and plate. Shave parmesan cheese over the salad; serve immediately.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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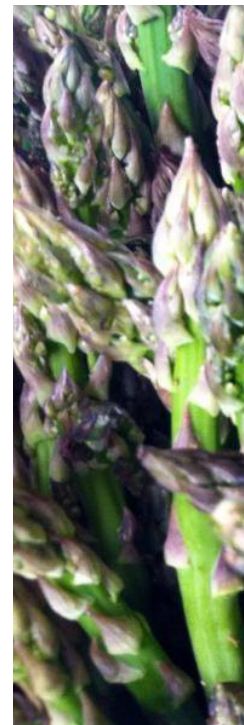
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Farmers Market Food Safety Tips

- Wash hands thoroughly with soap and warm water for 20 seconds before and after handling fresh produce.
- Refrigerate or chill most produce right away. Store asparagus under cool and moist conditions, such as the crisper of your refrigerator.
- Thoroughly wash all fresh produce under cool, running water.
- Don't cross-contaminate produce with raw meat, fish, poultry or eggs.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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