

Asparagus and Walnut Salad Makes 4 servings



1 pound asparagus 1/2 of a lemon, juiced 3 tbsp extra virgin olive oil ½ cup walnuts 1 green onion

½ tsp honev 1 tsp fresh thyme 1 oz shaved Parmesan cheese

- 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.
- 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.
- 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.
- 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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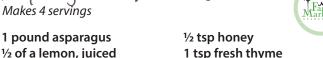
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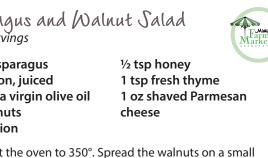
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Farmers Market Food Safety Tips

- 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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