



JERSEY TASTES!

RECIPES

Asparagus Salad

INGREDIENTS

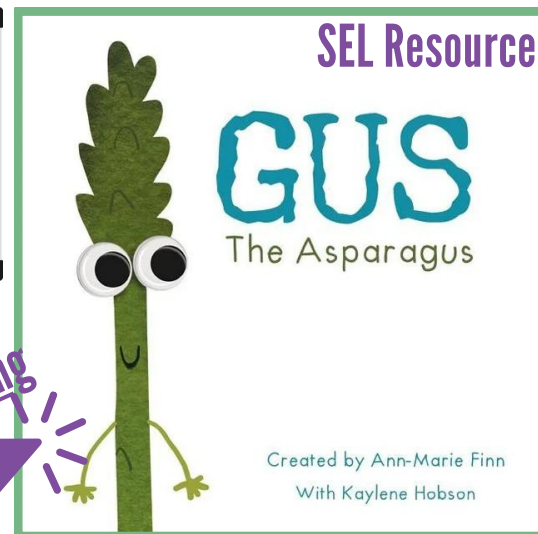
Recipe makes enough for classroom tasting

- 1 lb. Asparagus (thick stalks)
- Zest of 1 Lemon
- 1 tbsp Lemon Juice
- 2 tbsps. Olive Oil
- Salt/Pepper to taste

DIRECTIONS

- 1** Wash asparagus, do not trim the bottoms as you normally would. Use one hand to hold the end of the asparagus spear while holding the veggie peeler in the other hand lightly pulling straight down to the tip. Try to do this gently to achieve those nice swirly asparagus ribbons. Discard the ends.
- 2** Combine asparagus ribbons with lemon juice, lemon zest, oil, salt and pepper.
- 3** Gently toss to combine. Let sit 5- 10 minutes then serve.

Teacher Resources



RECIPES MADE IN COLLABORATION WITH:

