

ASPARAGUS AND WALNUT SALAD

The perfect salad for every meal! Asparagus is always best when fresh. Make sure to incorporate this salad into your meals during the spring and summer months. It's deliciously prepared with notes of lemon, honey and thyme.

by Corporate Corporate Chef Kurt Kwiatkowski

Featured Food: asparagus

Yield: Serves 4

Ingredients

½ c. walnuts	1 t. fresh thyme leaves
1 lb. asparagus	3 T. extra virgin olive oil
1 green onion	Salt and pepper to taste
1 to 2 T. freshly squeezed lemon juice	1 oz. Parmesan cheese
½ t. honey	

Preparation

Preheat oven to 350°F. Spread the walnuts on a small baking sheet, place in oven and watch carefully; remove from oven when lightly toasted, about 8 minutes. Transfer to a plate. When cool, break the walnuts in half lengthwise.

Place 2 quarts water and 1 Tablespoon salt in a pot and bring to a boil. Prepare a bowl with ice cold water for shocking. Cut off the rough end of asparagus stalks. Blanch by placing asparagus in boiling water for 45 seconds. Quickly move the asparagus from boiling water to cold water. After the asparagus is cool, drain and place on cutting board. Bias (diagonal) cut asparagus into pieces 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 and whisk to make the dressing. Taste; add more lemon juice as desired and season to taste with salt and pepper. Just before serving, toss asparagus and walnuts with dressing then plate. Shave parmesan cheese over each salad.