



Makes 10 cups
Preparation Time: 20 minutes

INGREDIENTS:

2 pounds thick fresh asparagus spears, trimmed

3–4 oranges

3 cups baby arugula

2 (15-ounce) cans no-salt-added navy or cannellini beans, drained and rinsed

¼ cup pitted Kalamata olives, quartered

1 tablespoon apple cider vinegar

1 tablespoon tahini

1 teaspoon Dijon-style mustard

¼ teaspoon freshly ground black pepper

Sea salt

Mediterranean Shaved Asparagus Salad

Shaved asparagus sets this salad apart from all the other bright, bold Mediterranean medleys out there. The raw ribbons (made with a vegetable peeler) have a crunchy texture and a mild, grassy flavor. Be sure to choose the fattest asparagus you can find, since thinner spears will be harder to peel into ribbons. Arugula provides a peppery salad base here, but you could substitute watercress or a mesclun mix. Olive haters need not abstain—simply swap in chopped almonds or cashews, if desired. Toss the salad with the dressing just before serving, as the sauce can cause the asparagus to discolor when left too long.

By Carla Christian, RD, LD

- 1 Cut the asparagus lengthwise into paper-thin ribbons using a vegetable peeler. Reserve the remaining thicker portions for another use.
- 2 Peel and section 2 oranges. Combine the asparagus ribbons, orange sections, arugula, beans, and olives in an extra-large bowl.
- 3 Grate 1 teaspoon of zest and squeeze ½ cup of juice from the remaining oranges. Whisk the orange zest and juice, vinegar, tahini, mustard, and pepper in a small bowl. Season with salt and drizzle over arugula mixture; toss to coat.