

SHAVED ASPARAGUS AND ARUGULA SALAD



8-10 cups arugula
6-8 asparagus spears
2 roasted red peppers
3-4 green onions
parmesan cheese
juice of 1 lemon
4 Tb. olive oil
1 ts. sea salt
1/2 ts. pepper
1/2 ts. sugar

In bowl combine lemon juice, olive oil, salt, pepper, and sugar and whisk until mixed. Add arugula and toss to coat each leaf. Using a vegetable peeler cut asparagus lengthwise into fine strips. Slice red peppers into strips and dice green onions. Pile shaved asparagus, red pepper, and green onion onto bed of arugula. Using vegetable peeler shave slices of parmesan cheese on top to garnish. Red peppers can also be substituted for fresh strawberries or pears.