

Asparagus Salad with Egg and Parmesan

4 large hard-boiled eggs, peeled and chopped into very small dice
2 lbs. Full Belly Farm asparagus, cut into bite-sized pieces
2 t. lemon zest
1 T. Apollo olive oil
fresh lemon juice to taste
3 green onions, chopped fine
1/2 c. Parmigiano Reggiano, shaved
cayenne pepper or paprika to taste
parsley, chopped, for garnish
sea salt and fresh-ground black pepper to taste



LOCALLY OWNED SINCE 1973

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1. Place eggs in a sauce pot and cover with 2 inches of water. Bring to a boil and cook for 12 minutes. Remove from heat and cool eggs with cold water. Peel eggs when cool enough to handle.
2. Blanch the asparagus in salted boiling water for 2 to 3 minutes or until bright green and tender but still with a little crunch. Rinse immediately under cold water.
3. Pat asparagus dry and toss with lemon zest, olive oil, lemon juice and scallions. Season with salt and pepper. Top asparagus mixture with chopped eggs, Parmesan and parsley. Sprinkle each with a bit of cayenne pepper.

Nutrition (per serving based on 8 servings)

112 calories; 52% calories from fat; 6.5g total fat; 128mg cholesterol; 161mg sodium; 316mg potassium; 5.9g carbohydrates; 2.8g fiber; 2.7g sugar; 3.2g net carbs; 8.8g protein.