



Shaved Asparagus, Radish and Parmesan Salad

Makes 4 servings

Ingredients

6 small radishes
2 tablespoons Parmesan cheese (grated)
¼ teaspoon black pepper
1 clove garlic (grated or minced)
2 tablespoons olive oil

1 tablespoon Dijon mustard
Zest from 1 lemon
¼ cup freshly squeezed lemon juice
1 bunch large asparagus spears (1 pound)

Instructions

1. In a large salad bowl, whisk together lemon zest, lemon juice, Dijon mustard, garlic, ground black pepper, Parmesan cheese and olive oil.
2. Trim woody ends off of asparagus and discard. Trim heads off asparagus and toss in the bowl with the salad dressing.
3. Using a vegetable peeler, shave asparagus stalks lengthwise and toss with the dressing in the bowl (or slice the asparagus using a slicing blade on a food processor).
4. Shave radishes with the peeler, mandolin or slicing blade on the food processor. Toss with rest of salad ingredients.

Nutrition Facts

Serving size: 1 cup; calories per serving: 90; total fat: 8g; saturated fat: 1.5g; cholesterol: 0mg; sodium: 130mg; carbohydrates: 5g; fiber: 2g; protein: 3g; sugars: 2g

Source: www.diabetesfoodhub.com

