Shaved Asparagus Salad

Prep: 10 minutes • Serves: 4

- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons olive oil
- 1 bunch asparagus (about 1 pound), ends trimmed
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon chopped roasted, unsalted shelled pistachios
- 1 teaspoon chopped fresh chives

1. In large bowl, whisk lemon juice, mustard, honey, salt and pepper; whisking constantly, slowly drizzle in oil until emulsified.

2. With vegetable peeler, shave asparagus into bowl with dressing; with tongs, toss until asparagus is well coated. Serve sprinkled with cheese, pistachios and chives.

Approximate nutritional values per serving:
111 Calories, 8g Fat (1.5g Saturated), 2mg Cholesterol, 148mg Sodium, 7g Carbohydrates, 3g Fiber, 4g Protein