

Cold Asparagus Salad from Urban Sacred Garden



This little salad is crisp, tangy and the perfect accompaniment to a heavier dinner when you're too tired of lettuce and spinach salads. The asparagus is a brilliant green when you first blanch it and remove it from the water. When you let it sit for a bit to cool the color will dull some. The flavors will not have marinated as much, but the color will be much more pleasing on the plate. It is aesthetically up to your tastes whether you let it sit or serve it immediately. Yield: About 7 Cups

INGREDIENTS

1 lb Asparagus (preferably small tender stalks)
1/2 Yellow Onion, Finely Diced
1/2 Cup Apple Cider Vinegar
1 Tsp Worcestershire
1 Tbsp Dijon Mustard
4 Tbsp Fresh Chopped Parsley
1/2 Cup Fresh Shredded Romano
Fresh Ground Sea Salt
Fresh Ground Pepper

DIRECTIONS

1. In a medium bowl combine Vinegar, Worcestershire, Dijon Mustard, Parsley and 1 Tsp Salt. Add diced onions. Mix until well blended. Cover with plastic wrap and allow to sit at room temperature for about 2 hours to pickle the onions.
2. Once onions are pickled, wash asparagus and snap off tough, woody ends. Cut asparagus into bite sized pieces. Bring a small pan of water to a boil on the stove. Add asparagus to boiling water and cook until slightly tender but still crisp, about 4 minutes. Remove asparagus from heat and drain in a colander. Add asparagus to pickled onions while hot so some of the vinaigrette will seep in. Place in the refrigerator and allow to cool for about 30 minutes. Or alternatively you can rinse the asparagus with cold water and add to the onions and serve immediately while still bright green.
3. Remove from the refrigerator and add Fresh Romano. Season with salt and pepper as needed. Serve as a side with any other dishes of your choosing. Enjoy!