BeWell recipe of the month:

**Shaved Asparagus Salad**

From the kitchen of A. Perez, R. Tu for Health Improvement Program (HIP)

Makes 2 servings

**Ingredients:**

- 1 bunch asparagus
- 4-5 radishes
- 1 handful crushed hazelnuts
- 1 tablespoon chopped mint
- 3-4 tablespoons freshly squeezed lemon juice
- 2 tablespoons red vinegar
- 1-2 teaspoons maple syrup
- 3 tablespoons extra virgin olive oil
- Salt and pepper to taste
- Parmesan cheese shavings to taste

**Instructions:**

1. Toast hazelnuts in large pan over medium heat, until fragrant and light brown. Immediately remove from pan to prevent burning.
2. Using a vegetable peeler, shave the asparagus lengthwise to create strips. Repeat with the radishes. Toss with the hazelnuts and mint.
3. Wisk together lemon juice, vinegar, honey, and olive oil. When ready to serve, pour over asparagus.
4. Toss with salt and pepper. Top with Parmesan cheese shavings.