

# Shaved Asparagus and Cannellini Bean Salad

By Cara Lyons, for Clean Eating Magazine

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## Servings: 10

*This salad makes a unique and healthy side dish for easy entertaining. It yields enough for a crowd, but if you have leftovers, combine with tuna the next day for a satisfying and delicious lunch. My suggestion: soak the onion in water with just a tiny jot of vinegar added to it - this will take away that sharp, raw onion flavor, then just drain and add to the salad.*

- 2 pounds fresh asparagus
- 1 tablespoon olive oil
- 1 medium red onion, thinly sliced
- 30 ounces canned cannellini beans, canned, drained and rinsed well
- 2 tablespoons fresh orange juice (or more if desired)
- 2 tablespoons fresh lemon juice (or more if desired)
- 1 tablespoon champagne vinegar
- 1/2 cup walnuts, chopped, lightly toasted
- 1/2 cup pecorino romano cheese, shaved, or parmesan cheese (2 oz)
- 1/4 cup fresh basil, cut in slivers
- Sea salt and fresh ground black pepper, to taste
- 3/4 cup fennel bulb, shaved (optional)
- 2 tablespoons fresh chives, minced (optional)
- 2 tablespoons kumquats, halved, seeded, finely slivered (optional)

1. Hold each spear of asparagus by its thick stem and lay it down on a cutting board. Using a vegetable peeler, shave asparagus into long ribbons. Place ribbons in a large bowl and discard remaining stems. (You should be left with about 1 lb shaved asparagus.) Drizzle oil over asparagus and toss to coat.
2. Add onion, beans, orange and lemon juices, and vinegar. Toss to combine.
3. Fold in walnuts, cheese and basil. Season with salt and pepper. This salad can be served immediately or prepared in advance; chill, covered, for 4 to 6 hours in refrigerator.

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Per Serving (excluding unknown items): 157 Calories; 6g Fat (31.8% calories from fat); 10g Protein; 21g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 352mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>