

SIMPLE ASPARAGUS WITH LEMON WALNUT GREMOLATA

Gremolata is an Italian condiment that typically contains garlic, parsley, and lemon zest. This version incorporates walnuts to provide extra nutrition and a nutty crunch.

Serves 4-6

Ingredients

Gremolata

- ½ cup walnuts
- ½ cup finely chopped fresh flat-leaf parsley
- 2 cloves garlic, minced
- Zest of one large lemon

Asparagus

- 1½ pounds asparagus, trimmed
- Sea salt to taste
- Black pepper to taste
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil

Preparation

1. Finely chop the walnuts, parsley, garlic, and lemon zest together on a cutting board, until well combined. Transfer to a bowl.
2. Steam or boil the asparagus in salted water until tender, 4-5 minutes. Remove from heat and toss with the gremolata in a serving bowl or platter. Season with salt and pepper to taste.
3. Whisk together the lemon juice and oil and drizzle over the asparagus and gremolata mixture.

AIP adaptation: Omit walnuts.

Nutrients: B₁, B₂, B₆, C, E, Cu, Fe, Mn, SE, GL, LY, O3

