

Our State eats

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Asparagus, Pistachio, & Mint Salad with Lemon Vinaigrette

Yield: 6 servings.

Zest and juice of 1 lemon

¼ cup rice wine vinegar

2 teaspoons Dijon mustard

3 teaspoons honey

1 teaspoon fine sea salt

½ teaspoon pepper

¼ cup extra-virgin olive oil

2 pounds asparagus

3 cups cooked brown rice

½ cup salted pistachios, shelled

½ cup thinly sliced green onions

1 cup packed fresh mint leaves, finely sliced

For vinaigrette: Whisk together zest and juice of 1 lemon, rice wine vinegar, Dijon mustard, honey, salt, and pepper. Slowly add the olive oil, whisking constantly. Set aside.

Trim 3 to 4 inches off the ends of the asparagus. Cut spears into 1-inch pieces, leaving the tips intact. Bring a large saucepan of salted water to a boil. Cook asparagus for 2 to 3 minutes, or just until crisp-tender. Remove from heat and strain into colander. Cover asparagus with ice to stop cooking process.

Once asparagus has cooled, add to a large bowl and combine with 3 cups cooked brown rice. Pour vinaigrette over rice and asparagus mixture and toss. Add pistachios, green onions, and fresh mint leaves. Add additional salt to taste. Serve at room temperature.

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