

ASPARAGUS AND ARUGULA TWISTS

One bunch asparagus – small to medium thickness – ends snapped
1/2 pound thinly sliced prosciutto
1- 8oz. container arugula

1 fresh lemon
Extra Virgin Olive oil
Salt and pepper

Have a large bowl of ice water ready. Blanch asparagus in boiling heavily salted water for 2-3 minutes, al dente. Remove to ice bath to cool. Pat dry. This step can be done the day before.

Place your dry asparagus on a sheet pan, sprinkle with salt, fresh pepper, and squeeze with the juice from one lemon. Coat generously with olive oil. Lay out a piece of prosciutto with a handful of arugula on top of prosciutto. Place asparagus at end and roll tightly. Place on a platter and before serving, add the remaining olive oil and lemon from the asparagus and serve.

NOTE - Leave some of the asparagus unwrapped and just place in between all of the other wrapped pieces for the non-meat eaters. Or you can make two platters, one wrapped and one seasoned with lemon, olive oil and salt, pepper over a bed of arugula.