

# Asparagus & Ricotta Sandwiches

*with Arugula, Almond & Fennel Salad*

Let's make sandwiches for dinner! We've got the perfect filling—light, yet hearty—for toasty ciabatta rolls. Because spring vegetables and silky ricotta pair so effortlessly, we're featuring them here: warm, sautéed asparagus and fennel are completed by a savory, tangy spread of ricotta, Parmesan, Kalamata olives and lemon zest. We love this array of classic, complementary flavors—and all the crunchy textures, too.



## Ingredients

- 2 Ciabatta Rolls
- 1 Cup Ricotta Cheese
- 2 Ounces Arugula
- 2 Cloves Garlic
- 1 Fennel Bulb With Fronds
- ½ Bunch Asparagus
- 1 Lemon

## Knick Knacks

- 2 Tablespoons Grated Parmesan Cheese
- 2 Tablespoons Sliced Almonds
- 1 Ounce Kalamata Olives
- 1 Tablespoon Dijon Mustard

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



### Prepare the ingredients:

Wash and dry the fresh produce. Preheat the oven to 425°F. Halve the rolls. Peel the garlic. Mince 1 clove; leave the other whole. Cut off and discard the fennel stems; halve, core and thinly slice the bulb. Snap off and discard the woody stem ends of the asparagus; slice the asparagus into ¼-inch pieces. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Using the flat side of your knife, smash the olives; remove and discard the pits. Roughly chop the olives.

2



### Make the ricotta mixture & vinaigrette:

In a medium bowl, combine the **ricotta cheese, Parmesan cheese, lemon zest and olives**; stir to thoroughly combine. Season with salt and pepper to taste and set aside. In a small bowl, combine the **mustard and the juice of all 4 lemon wedges**; season with salt and pepper. Slowly whisk in **2½ tablespoons of olive oil** until thoroughly combined. Set aside.

3



### Cook the asparagus & fennel:

In a medium pan, heat 2 teaspoons of olive oil on medium until hot. Add the **minced garlic**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **asparagus and half the fennel**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat; stir in **1 tablespoon of the vinaigrette**. Set aside.

4



### Toast the rolls:

Place the **rolls** on a sheet pan, cut sides up. Drizzle with olive oil and season with salt and pepper. Toast in the oven 4 to 6 minutes, or until lightly browned around the edges and crispy. When cool enough to handle, rub the cut sides with the **whole garlic clove**. Discard the garlic clove. Transfer the rolls to a clean, dry work surface.

5



### Assemble the sandwiches:

Spread the bottom of each **toasted roll** with half the **ricotta mixture**. Divide the **cooked asparagus and fennel** between the roll bottoms. Top with a few **arugula** leaves (reserving the rest for the salad) and the top of the roll.

6



### Make the salad & plate your dish:

In a large bowl, combine the **almonds, raw fennel, remaining arugula** and enough of the **remaining vinaigrette** to coat the salad (you may have extra vinaigrette); toss to thoroughly combine. Season with salt and pepper to taste. Slice each sandwich in half diagonally. Divide the **salad and sliced sandwiches** between 2 plates. Enjoy!