**Asparagus Arugula Salad**

**Produce**

four ounces arugula

one pound asparagus

one fennel bulb

two ounces sliced almonds

1 crisp apple

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

good extra-virgin olive oil (if needed)

red-wine vinegar (if needed)

grainy mustard (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

eight ounces smoked salmon or smoked trout

**Chilled Foods/Dairy**

small block of Parmesan