

## Construct a Spring Salad

### **Ingredients:**

#### Roasted Asparagus

- 1 lb Asparagus
- 4 Garlic Cloves, smashed & cut in large pieces
- 1 Shallot, sliced
- 1 TBSP of Olive oil
- Salt & Pepper

#### Salad

2-4 cups of lettuce greens

1 TBSP of Olive oil

1/2 TBSP of Vinegar or Lemon juice

Salt & Pepper

1 cup of veggies (peas, radishes, carrots, cucumbers, avocado, tomatoes, etc)

1-2 cups of protein (steak, chicken, chickpeas, tofu, etc), optional

2-3 TBSP of Cheese (Parmesan or Feta), optional

### **Instructions:**

1. Prepare the asparagus. Asparagus has a woody end to it which needs to be removed before eating. When I prepare the spears I usually grab the end and middle of one and see where it naturally breaks. From there I use that as a guide on where to cut the rest of the spears.
2. Place the asparagus, garlic, and shallots on a sheet pan lined with parchment paper. Drizzle with olive oil and add salt and pepper. Toss and bake at 400 degrees for 10-15 minutes. The cooking time really depends on how thick the asparagus is. For thicker stalks cook longer. While the asparagus is cooking make the rest of the salad.
3. Clean the lettuce and toss with about 1/2 teaspoon of olive oil and 1/4 teaspoon of vinegar or lemon juice and salt and pepper. (This is for a single salad. Add more olive oil and vinegar when making multiple salads).
4. Cut up the rest of the veggies and add to salad. Take the roasted asparagus, shallots, and garlic and add to the salad.
5. If you intend to make this salad a full meal, add a your protein and cheese of choice. Mix up and enjoy!