

Spring Greens Salad

Yield: 4 servings

Ingredients

Basil and Mint Oil

A big handful of basil and mint
 1 small garlic clove
 1 tablespoon lemon juice, plus some zest
 1 tablespoon white balsamic vinegar
 2 (or more) tablespoons extra-virgin olive oil
 Sea salt and fresh black pepper

Spring Greens Salad

1 bunch of asparagus, tender tops only
 ½ cup peas
 A few handfuls of salad greens
 ½ cup chickpeas, drained and rinsed
 A few sliced radishes
 ½ cup chopped avocado
 Handful of chopped, toasted pistachios
 Handful of herbs: chives and mint

Instructions

1. Bring a pot of water to a boil.
2. Make the basil and mint oil: In a food processor, pulse together the herbs, garlic, lemon juice and zest, balsamic vinegar, olive oil, and salt and pepper. Taste and adjust seasonings. Set aside.
3. Prepare the salad: Chop asparagus into 1-inch pieces. Blanch them for about 45 seconds in the pot of boiling, salted water. Remove immediately and transfer asparagus to a bowl of ice water. Let cool, then drain. (If you're using fresh peas, blanch the peas as well. If you're using frozen peas, let thaw and add to your salad raw.)
4. In a large bowl, toss together the blanched asparagus, peas, salad greens, chickpeas and radishes. Add as much of the dressing as you like and toss again. Add the pistachios, chives and mint. Taste and adjust seasonings. Transfer the salad to a platter and serve.

This salad can be made up to a day in advance; just leave out the salad greens until you're ready to serve.

Nutrition Information

Serving Size: ¼ salad

Calories: 248
 Total Fat: 14.9 g
 Saturated Fat: 2 g
 Monounsaturated Fat: 7.8 g
 Polyunsaturated Fat: 1.6 g
 Sodium: 128.1 mg
 Total Carbohydrate: 22.2 g
 Dietary Fiber: 9.7 g
 Sugars: 6.4 g
 Protein: 9.4 g

Source: Love and Lemons. Jeanine Donofrio



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