



## VEGGIE SALAD WITH ASPARAGUS TOMATOES, AVOCADOS AND TANGY DIJON DRESSING

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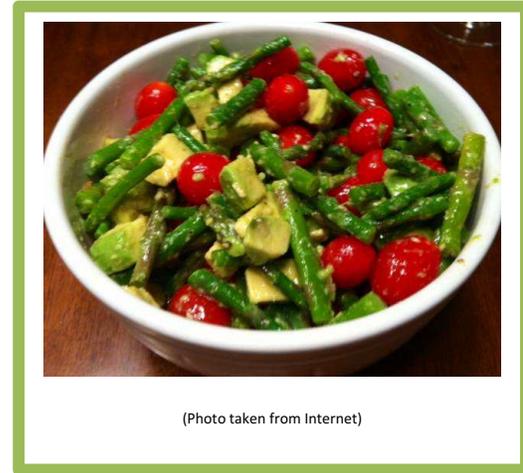
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**V**eggies make this salad more like a meal than a side dish! Some sautéed asparagus, fresh cherry tomatoes and some diced avocado make this a fairly rich dish! Add some cooked cous cous or small pasta of some kind to round it out!

|            |  |
|------------|--|
| 1 bunch    | asparagus, trimmed, cut into 2 inch pieces |
| 1 small    | container cherry tomatoes                  |
| 2 avocados | NOT overly ripe, diced into large cubes    |
| 1 Tbsp     | Olive oil                                  |
| 1 Tbsp     | Lemon juice                                |

**Dressing:**

|         |   |
|---------|---|
| 1/4 cup | olive oil                                     |
| 2 tsp   | Dijon mustard                                 |
| 2 tsp   | lemon juice                                   |
| 1/2 tsp | kosher salt                                   |
| 1/2 tsp | pepper  |
| 1 clove | garlic, finely minced (optional and to taste) |



(Photo taken from Internet)

1. Rinse and trim the woody ends from the asparagus. Cut into 2" pieces.
2. Add 1 Tablespoon of olive oil to a large skillet and saute until they are just tender, about 2 minutes. Let them cool down while you prepare the dressing. **OR** alternately, drop the asparagus into some boiling water to blanch them for just barely two minutes. Then rinse in COLD water immediately.
3. While the asparagus cools down and drains, open the avocados and dice into large cubes. Place into a bowl and coat with 1 T of lemon juice.
4. Cut the cherry tomatoes in half if they are large, or leave them whole – it's a personal choice.
5. Mix all the dressing ingredients in a jar and shake well.
6. Put all the ingredients into the bowl with the avocado and mix gently. Add more salt or pepper to taste.

### **Maggie's Notes**

- Add some cooked pasta such as cous cous, small Rigatoni or Farfale (bow ties), or some cooked Quinoa.
- An overly ripe avocado will simply "melt" in your salad when you toss it together. Be sure to use a more firm avocado.
- Top with some toasted pine nuts; add some feta cheese crumbles; add cooked salad shrimp, or diced chicken.
- This recipe is easily doubled!!!