

Fresh Garden Salad

Prep time 20 mins | Cooking time 7 mins

Ingredients:

1 bunch of grilled asparagus (al dente)
and cut into 3" pieces
2 spiralized zucchini
1 orange or yellow pepper sliced
¼ of red cabbage shaved thinly
1 head of romaine lettuce chopped
2 cups of chopped fresh spinach
10 cherry tomatoes cut in half
1/3 cup of toasted pine nuts
1/3 cup of Kalamata olives
½ cup crumbled goat cheese

Dressing

1/3 cup of oil from sundried tomato jar
¼ cup of red wine vinegar
1 clove of garlic finely minced
½ cup of chopped cilantro
½ tsp of salt
¼ tsp of freshly ground pepper

Method:

1. Preheat oven to 400F Line a small baking sheet with parchment. Place asparagus spears sheet and sprinkle with 1 tbsp of oil and sprinkle a bit of salt and pepper.
2. Place asparagus in middle of oven and cook 5-7 mins until a bit of charring appears and spears are 'al dente.' Let cool on wire rack.
3. Prepare the dressing and let sit at room temperature while you prepare the salad.
4. Combine all ingredients for the salad in a large bowl, including the cooked, cooled asparagus, reserving the goat cheese.
5. Toss the salad with the dressing and then place crumbled goat cheese on top. Enjoy!