

LEMON ASPARAGUS SALAD

Asparagus is a popular spring crop and is rich in Vitamin K and Folate. This spring salad is bright, vibrant, and healthy. If you are Gluten Free you can substitute the couscous for wild rice or regular rice.

Yield = 6 servings

Ingredients

1-2 bunches **asparagus**, trimmed

1-2 Tbsp **olive oil**

Salt & Pepper, to taste

4 cups **cooked couscous** (Israeli couscous preferred) OR 4 cups cooked rice (wild rice preferred)

1/2 cup **olives**, sliced (kalamata preferred)

1/2 cup **feta cheese**, optional

1/2 cup **pine nuts** or almond slivers, optional

1/2 cup **fresh parsley** or dill, chopped

3 **green onions**, sliced

Zest from one **lemon**

Dressing: Combine 1/3 cup olive oil, 3 Tbsp mustard (whole grain preferred), 2 Tbsp red wine vinegar, 2 Tbsp lemon juice, & salt and pepper (to taste).

Instructions

1. Preheat oven to 425°. Lay asparagus on a baking sheet; drizzle with olive oil and sprinkle with salt, pepper, and half of the lemon zest. Once oven is ready, roast asparagus until tender, about 20 minutes.
2. Meanwhile, toss the cooked couscous (or rice) with dressing, olives, feta (if using), nuts (if using), fresh herbs, green onions, and remaining lemon zest.
3. When asparagus is finished roasting and cooled enough to touch, cut it into bite sized pieces. Add to salad mixture.
4. Toss salad to combine. Taste and adjust the salt, pepper, and lemon to your liking.
5. This salad can be served warm or chilled.

Per Serving: Calories 375 Saturated Fat 4.3 g Sodium 597 mg Total Sugars 2.2 g



Recipe featured in the May's 2021 issue of Beyond Hunger's Nutrition Newsletter & was adapted from Feasting at Home.