



Asparagus Salad

4 servings

30 minutes

Ingredients

402 grams Asparagus
1 Lemon (juiced and divided)
4 Egg
59 milliliters Extra Virgin Olive Oil
80 grams Arugula
1/2 Cucumber (diced)
2 stalks Green Onion (diced)
1 Avocado (peeled and diced)
28 grams Goat Cheese (crumbled)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	27g
Saturated	6g
Carbs	12g
Fiber	6g
Sugar	4g
Protein	11g
Cholesterol	189mg
Sodium	116mg
Potassium	667mg
Vitamin A	1858IU
Vitamin C	20mg
Calcium	105mg
Iron	4mg
Vitamin D	41IU
Vitamin E	5mg
Vitamin K	98µg
Thiamine	0.2mg
Riboflavin	0.5mg

Directions

- 1 Hard boil your eggs and set aside to cool.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Peel the hard boiled eggs and chop eggs into quarters.
- 4 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 5 In a large salad bowl, combine the arugula, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

Notes

Egg-Free: Add diced chicken instead.

Vegan: Use chickpeas instead of eggs.



Niacin	2mg
Vitamin B6	0.4mg
Folate	143µg
Vitamin B12	0.5µg
Phosphorous	199mg
Magnesium	51mg
Zinc	2mg
Selenium	18µg