

Asparagus Salad

10 ingredients · 30 minutes · 4 servings



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.

Ingredients

- 3 cups Asparagus
- 1 Lemon (juiced and divided)
- 4 Egg
- 1/4 cup Extra Virgin Olive Oil
- 4 cups Arugula
- 1/2 Cucumber (diced)
- 2 stalks Green Onion (diced)
- 1 Avocado (peeled and diced)
- 1/4 cup Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	324	Calcium	105mg
Fat	27g	Iron	4mg
Saturated	6g	Vitamin D	41IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	3g	Vitamin K	98µg
Monounsaturated	17g	Thiamine	0.2mg
Carbs	12g	Riboflavin	0.5mg
Fiber	6g	Niacin	2mg
Sugar	4g	Vitamin B6	0.4mg
Protein	11g	Folate	143µg
Cholesterol	189mg	Vitamin B12	0.5µg

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Sodium	116mg	Phosphorous	199mg
Potassium	667mg	Magnesium	51mg
Vitamin A	1858IU	Zinc	2mg
Vitamin C	20mg	Selenium	18µg