



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Asparagus Spring Salad with Honey Lemon Dressing (Serves 4)

Ingredients

- 1/4 lb. asparagus, trimmed, sauteed and cut into 2-inch pieces
- 3 cups mixed greens
- 15 oz. can chickpeas, rinsed and drained
- 1 cup grape tomatoes, halved
- 2 Persian cucumbers, halved and sliced
- 1/2 cup red onion, diced
- 1/2 cup kalamata olives, pitted

FOR THE DRESSING:

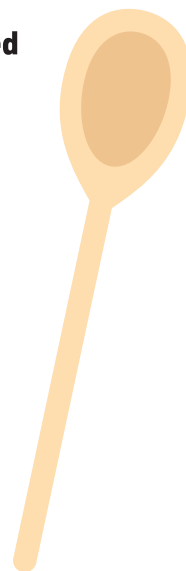
- 3 tablespoons olive oil
- 1/4 teaspoon honey
- juice from 1/2 lemon
- 1/4 teaspoon salt

Instructions

- Trim asparagus and add to pan with 1 tablespoon olive oil saute until tender.
- In a large mixing bowl wash and add mixed greens.
- Peel, halve and slice cucumbers and add to the mixing bowl.
- Dice the red onion and add to the mixing bowl.
- Half tomatoes and add to the bowl with olives and chickpeas.
- Then make honey lemon dressing.

DIRECTIONS FOR DRESSING:

- In a mixing bowl using a whisk add all ingredients and whisk vigorously for 1 minute then dress salad and Enjoy!



Enjoy!

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