Asparagus Spring Salad with Honey Lemon Dressing  
(Serves 4)

**Ingredients**
- ¼ 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  
- ½ cup red onion, diced  
- ½ cup kalamata olives, pitted  

FOR THE DRESSING:
- 3 tablespoons olive oil  
- juice from ½ lemon  
- ¼ teaspoon honey  
- ¼ teaspoon salt

**Instructions**
- Trim asparagus and add to pain 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!