chopped asparagus salad

- 2 bunches asparagus (blanched)
  - purple & green
- 15 oz. can chickpeas or other bean of your choice
- 3 carrots, peeled & chopped
- 1 bag mini-bell peppers
- 1/2 cup black olives
- 1/2 cup crumbled feta or blue cheese
- 1 can kidney beans
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Dressing:

- 1/2 cup EVOO
- 1/4 cup balsamic vinegar
- 1/4 tsp. dried thyme
- 1/4 tsp. ground black pepper
- 1/4 tsp. oregano
- 1/4 tsp. dijon mustard
- 1/4 tsp. honey
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Begin by washing a prepping most of the ingredients.

1. Chop the bottom inch of the asparagus off.
2. Blanch the asparagus. (Takes about 60 seconds)
   - Blanching is a process where food is scalded in boiling water, then quickly removed after a brief moment & dunked into cold or ice water. The cold water prevents/stops the cooking process & keeps the vibrant color.
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3. Dry the asparagus well on a clean, dry towel.
   ○ Use a kitchen towel to be environmentally friendly
4. Cut asparagus into 2 inch pieces. If you want to get fancy, you can cut on the diagonal.
5. Add asparagus to bowl.
6. Halve tomatoes & add to bowl.
7. Slice peppers & add to bowl.
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8. Chop the carrots into halves. Add chopped carrots into the bowl.
9. Add rinsed & drained chickpeas to the bowl.
10. Add black olives & blue cheese to the bowl.
11. Make dressing & add to the salad.
   ○ Toss until well-coated
   ○ If you need more dressing, feel free to make and add more

Enjoy alone or with a piece of salmon.