



Spring Asparagus and White Bean Salad

Serves: 4 1-cup servings

Ingredients:

3 cups asparagus, cut into 1-inch pieces (about 1½ lb)
1 15 oz can cannellini beans, rinsed and drained
5 thinly sliced radishes
½ cup (2 oz) crumbled feta or goat cheese
1 medium shallot or 1 bunch spring onion (white part only), peeled and minced
1 tbsp chopped fresh mint

Dressing:

2 tsp fresh lemon juice
1 tsp Dijon mustard
2 tsp extra-virgin olive oil
¼ tsp salt (optional)
1/8 tsp black pepper

Directions:

1. Place asparagus in microwave dish with ½ inch of water, loosely cover container with lid but don't seal it - Microwave on high for 1-2 minutes
2. Rinse asparagus with cold water and drain.
3. Gently combine asparagus, beans, radishes, feta, shallot, and fresh mint in a serving bowl.
4. Make dressing by combining lemon juice, mustard, olive oil, salt, and pepper, and whisk to combine.

Pour dressing over asparagus mixture and toss gently to coat.

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