



BALSAMIC SPRING VEGETABLE SALAD

Ingredients

8 asparagus spears
1 cup red potatoes, quartered
1 tablespoon extra virgin olive oil
1 tablespoon balsamic nectar, or
balsamic vinegar
salt and pepper
2 cups wild arugula

1/2 avocado, thinly sliced
1/4 cup canned artichoke hearts, halved
1/4 cup canned chickpeas, drained and rinsed
for the balsamic vinaigrette
4 tablespoons extra virgin olive oil
2 tablespoons balsamic nectar, or balsamic vinegar
1 tablespoon fresh lemon juice
pinch of dried oregano, basil, garlic powder, salt and pepper

INSTRUCTIONS:

Step 1

Preheat oven to 400 degrees F. Toss the asparagus and red potatoes in 1 tbsp of olive oil, balsamic nectar, and a pinch of salt and pepper. Roast for 30 minutes, tossing once or twice throughout.

Step 2

In the meantime, whip up your dressing by whisking together the dressing ingredients. Set aside.

Step 3

Time to layer your salad! Start with a large handful of arugula, sliced avocado, a big scoop of red potatoes, roasted asparagus, artichoke hearts, and sprinkle the whole thing with chickpeas. Drizzle with your balsamic vinaigrette and dig in!