

# Healthy Spring Salad Recipe

## Ingredients:

3 green onions, roughly chopped

1/2 avocado, peeled and pitted

1/2 cup orange juice

1/8 teaspoon salt

1/8 teaspoon ground black pepper

3 ounces spring greens or mesclun mix

1 cup sliced fresh strawberries

1/2 pound asparagus, trimmed and sliced into strips with a vegetable peeler

## Method:

Puree green onions, avocado, juice, salt and pepper in a blender or food processor until smooth to make a dressing. In a large bowl, toss greens, strawberries and asparagus together. Transfer to plates, drizzle with half the dressing and serve.

\*Extra dressing will keep one day refrigerated.

## Nutrition:

Serving size: 2

Per serving (about 11oz/307g-wt.): 120 calories (35 from fat), 4g total fat, 0.5g saturated fat, 0mg cholesterol, 170mg sodium, 20g total carbohydrate (7g dietary fiber, 11g sugar), 4g protein

Source: <http://www.wholefoodsmarket.com/recipes/2673>