

Asparagus Salad with Feta & Mint



This simple, low-calorie side dish is full of bright, spring time flavor. Blanching the vegetables results in a bright green salad with crisp texture.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 lb	Asparagus, ends trimmed and cut into 1-inch pieces
½ cup	Peas, frozen (defrosted)
4 each	Radish, ends trimmed and cut into thin half moons
2 Tbsp	Feta Cheese, crumbled
2 Tbsp	Mint, fresh, cut into thin ribbons
2 Tbsp	Sunflower Seeds, toasted
1 Tbsp	Extra Virgin Olive Oil
2 Tbsp	Lemon Zest (from 1 lemon)
1 clove	Garlic, minced
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

Blanching involves scalding vegetables or fruits in boiling water very quickly then cooling quickly in ice water (shocking). It's the perfect method to slightly soften vegetables that will be used in salads or for a crudité platter with your favorite dip.

PRO TIP: We don't add lemon juice to this recipe because the acid will turn bright green vegetables a drab olive color and break down the texture, resulting in a mushy salad. Using the lemon zest provides a more potent lemon flavor thanks to the essential oil content.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large saucepot of water to a boil over high heat. Set up a large bowl with ice water. Once the water is boiling, add the cut asparagus and cook for 1 minute. Add the peas and cook for an additional 30 seconds to one minute.
3. Remove the pot from the heat and use a handheld strainer (spider) or slotted spoon to transfer the blanched asparagus and peas to the ice water. Allow to cool for about 1 minute then strain in a colander.
4. Use a clean kitchen towel or paper towels to dry the vegetables as much as possible. Dry out the bowl from the ice bath and return the dry vegetables to it.
5. To toast the sunflower seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they can go from golden brown to burnt very quickly.
6. Add the remaining ingredients to the asparagus and peas and use a rubber spatula to toss everything and combine thoroughly. Transfer to the refrigerator for at least 10 minutes before serving to allow the flavors to blend and intensify.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (104g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 150mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2.2mg 10%

Potassium 190mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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