

# *Apple & Roasted Asparagus Salad*

*Nutritional information on back.*



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## *Apple & Roasted Asparagus Salad*

- 24 thin asparagus spears, peeled and trimmed
- 1/3 cup plus 1 Tbsp. olive oil
- 1 Tbsp. honey
- 1/4 cup apple cider vinegar
- 1 shallot, minced
- 10 ounces mixed baby greens
- 1 apple (a green apple is best), unpeeled and sliced thin
- 3 ounces Gruyere cheese, cut very thinly with a vegetable peeler
- Salt and freshly ground black pepper to taste

Preheat oven to 400 degrees. Arrange asparagus in a single layer on a baking sheet. Drizzle with 1 Tbsp. olive oil and salt and pepper to taste. Roast 30 minutes, turning once. Place on a plate and let cool for 5 to 10 minutes. In a small bowl, whisk remaining olive oil with the vinegar, honey and shallot. Place the greens



in a large salad bowl. Add vinaigrette to the greens and toss. Place greens on 6 plates. Top the greens evenly with apple and cheese and arrange asparagus on top. Makes 6 servings.

*Nutritional information per serving*

230 calories, 18 g total fat (4 g saturated fat), 12 g carbohydrate, 7 g protein, 3 g dietary fiber, 63 mg sodium