



Asparagus Salad

INGREDIENTS:

1 pint Sweet grape tomatoes, sliced in half
1 bunch Asparagus, cut into 1 inch pieces
1 each Red onion, sliced thin
1 teaspoon Olive oil
1 teaspoon Garlic, fresh, minced
¼ teaspoon Salt
1 Tablespoon Red wine vinegar
2 Tablespoon Balsamic vinegar reduction
2 Tablespoon Feta cheese, crumbled

PREPARATION:

- In a bowl mix tomatoes, asparagus, and red onion.
- Heat medium sauté pan, on medium high heat.
- Add olive oil to the pan
- Once pan and oil are hot, add your bowl of tomatoes, asparagus, and red onion.
- After about 1 minute, add your minced garlic.
- Sauté for about another minute then add salt and red wine vinegar.
- Pull off heat and enjoy over a bed of arugula salad or any other green salad, then drizzle reduced balsamic vinegar and feta cheese.

Number of servings: 4

Serving Size: ¾ cup

Calories: 35

Fat: 2 grams

