



## RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



## Asparagus Chop Salad

### Featured Item: Asparagus

Serving Size: 1/2 cup • Yield: 4

#### Fun Facts:

- It takes 3 years for asparagus to be ready to harvest for the first time.

#### Try It!

- When asparagus is out of season, see what other local ingredients you can swap into this recipe.

## INGREDIENTS - SALAD

Asparagus:	<b>1/2 C chopped</b>
Garbanzo Beans:	<b>1/2 C drained</b>
Cucumber:	<b>1/4 C sliced and quartered</b>
Red Onion:	<b>2 Tbsp</b>
Grape Tomatoes:	<b>6 halved</b>
Red Pepper:	<b>2 Tbsp</b>
Kalamata Olives:	<b>2 tsp chopped</b>
Basil:	<b>2 tsp chopped</b>

## INGREDIENTS - VINAIGRETTE

Balsamic Vinegar:	<b>3 Tbsp</b>
Olive Oil:	<b>3 Tbsp</b>
Sugar:	<b>1 tsp</b>
Lemon Juice:	<b>1 tsp</b>
Salt:	<b>1/4 tsp</b>
Pepper:	<b>1/8 tsp</b>



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### DIRECTIONS - PRE PREP

1. Wash asparagus and cut into 2 inch pieces.
2. Drain beans.
3. Wash and dice cucumbers, red pepper, and onions.
4. Cut tomatoes in quarters.
5. Chop basil.
6. Rough chop olives.
7. In a bowl, prepare vinaigrette by combining all ingredients and then whisk together.

### DIRECTIONS - ASSEMBLE SALAD

1. Add the asparagus, drained garbanzo beans, diced cucumbers, diced onions, tomatoes, diced red peppers, and olives in a large mixing bowl.
2. Toss vegetables with dressing. Let the salad chill in the refrigerator until ready to serve, at least an hour. Add basil before serving.
3. Serve in 1/2 cup sizes.

*Source: Pisanick Partners, LLC.*