



## 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: 50

#### HACCAP Process #1:

- No Cook

#### Child Nutrition Credit:

- .25 Cups of Other
- .125 Cups of Red/Orange
- .125 Cups of Beans/Peas

## INGREDIENTS - SALAD

Asparagus, Raw, Local:	<b>2 qt</b>
Garbanzo Beans:	<b>2 qt</b>
Cucumber, Raw, Diced:	<b>1 qt</b>
Red Onion:	<b>1 C chopped</b>
Grape Tomatoes:	<b>2 C sliced</b>
Red Pepper:	<b>1 C diced</b>
Olives, Kalamata:	<b>1 C chopped</b>
Basil, Fresh:	<b>1/4 C</b>

## INGREDIENTS - VINAIGRETTE

Balsamic Vinegar:	<b>1/2 C</b>
Olive Oil EVO:	<b>1/2 C</b>
Sugar, granulated:	<b>1 Tbsp</b>
Lemon Juice:	<b>1 1/2 Tbsp</b>
Salt, Kosher:	<b>1/3 tsp</b>
Pepper:	<b>1/4 tsp</b>

*Source: Pisanick Partners, LLC.*



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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, combine the vinaigrette ingredients and 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.*