

## Asparagus Salad with Almonds

A simple, fresh and quick sprintime salad.



### INGREDIENTS:

- 1 head of asparagus, trimmed and cut into 1" pieces
- 2 tablespoons olive oil
- 2 cloves of garlic
- 1/2 teaspoon caraway seeds
- 1 cup cooked beans of your choice
- 1/4 cup pea shoots, micro greens or spinach
- 1 avocado, flesh diced into cubes
- 1/4 cup almonds, toasted and chopped
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- salt and pepper to taste

### DIRECTIONS:

1. Over medium-high heat, sauté asparagus with olive oil for 3 or 4 minutes.
2. Add the garlic and caraway seeds and sauté another 2 or 3 minutes.
3. Add salt to taste.
4. In a large bowl, combine asparagus with salad greens, almonds, and avocado.
5. Dress salad with lemon zest, lemon juice, and salt and pepper.
6. Enjoy immediately!

Source: [homespuncoopers.com](http://homespuncoopers.com)



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