



chef  
Tanya's  
Kitchen

GOURMET VEGAN

## EZ Asparagus Avocado Salad

Serves 6-8

2 lbs.	asparagus, ends removed and cut into 2 in. pieces
2 qts.	Water
½ tsp.	salt
2 ea.	Avocados, cut in ½ inch cubes
¼ cup	Olive oil
1 ea.	Lemon, juiced and zested
2 Tbsp.	chopped Italian parsley
1 Tbsp.	chopped cilantro
1 Tbsp.	chopped mint
1 Tbsp.	balsamic vinegar
1 tsp.	maple syrup
½ tsp.	salt
pinch	black pepper

1. Bring 2 qts of water to boil with ½ tsp. salt.
2. Drop in asparagus and let cook about 3 min.
3. Immediately drain and rinse with very cold water, set aside
4. In a small bowl whisk together the olive oil, lemon juice and zest, and the rest of the ingredients.
5. Toss with asparagus and avocado.
6. Great served a top a grain such as rice or quinoa. Also good inside a crusty roll for a unique sandwich filling.

