



Spring Harvest Salad

4 servings
20 minutes

Ingredients

- 2 cups Asparagus
- 4 cups Mixed Greens
- 2 stalks Green Onion (thinly sliced)
- 1 cup Strawberries (sliced)
- 1 cup Fresh Peas
- 1/2 cup Goat Cheese (crumbled)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Apple Cider Vinegar
- 1 tbsp Tamari
- 2 tbsps Water (warm)

Nutrition

Amount per serving	
Fat	10g
Carbs	19g
Fiber	6g
Sugar	9g
Protein	8g

Directions

- 1 Trim the woody ends from the asparagus and cut the spears in 1-inch pieces.
- 2 Fill the bottom of a salad bowl with leafy greens. Top with green onions, strawberries, green peas, asparagus and goat cheese.
- 3 In a small jar, combine the tahini, maple syrup, apple cider vinegar, tamari, and water. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

No Asparagus: Use green beans instead.

Leftovers: Store in the fridge up to 2 days with the dressing on the side.

Make It Vegan: Omit the goat cheese.

Extra Toppings: Sprinkle roasted sliced almonds or walnut pieces on top.