

# Very Green Salad

With summer right around the horizon, serve up a light and refreshing salad to those hungry guests! Easy, quick, colorful... delicious!!!



## Ingredients

Multiple cups of salad greens  
1 bunch of asparagus tops  
½ cup peas  
½ cup chickpeas drained then rinsed  
½ cup sliced mozzarella balls  
Roughly 1 cup of chives and mint  
Roughly 1 cup basil leaves  
1 garlic clove  
1 tbsp lemon juice  
1 tbsp white balsamic vinegar  
2 tbsp olive oil  
salt & pepper to taste

## Instructions

Place lemon juice, vinegar, oil, and salt and pepper in food processor or blender. Then set to the side.

Chop up asparagus tops. Pan sear or boil them to soften them. Repeat same process for peas.

Add together, asparagus, peas, salad mix, mozzarella, and chickpeas. Mix in dressing.

Add in chives, basil, and mint. Season to taste and serve up!

\*Add in some fruit such as **mandarin slices**, or vegetables like **radishes** for cooling taste and color!

### **Health Benefits from your salads!**

- Rich in Vitamins (A, C, E, K)
- Fiber filled
- Lower in calories
- Aids immunity
- Low in fat
- Fun to add in all different kinds of ingredients!