



Category (Salads)

Strawberry Asparagus Salad

Submitted by (Lora Brown)

<p><u>Recipe</u></p> <p>We based this recipe from two salad recipes on iheartnaptime.net</p> <p>1-head romaine lettuce–chopped ½-bag of baby spinach leaves 1-bundle of asparagus–steamed about 5 minutes, chilled then cut 1-pint of strawberries–sliced 1/3-cup sliced almonds ¼-cup sugar or honey toasted</p> <p><u>Dressing:</u> 4-T olive oil 4-T sugar or honey zest and juice of 1 large orange zest and juice of 1 lime</p> <p>Caramelize nuts by mixing with sugar in small skillet over low heat until sugar melts, or boil honey in microwave and stir in nuts, then spread out on wax paper. Break apart and toss in salad when dry. Combine dressing ingredients in a jar and shake well. Toss salad ingredients together with nuts, add dressing to coat and serve. Note: I didn't add sugar or honey to the dressing because I used the same amount of honey to caramelize the nuts.</p>	<p><u>Grocery List</u></p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>