

Avocado and Asparagus Salad

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A hearty dish bursting with the freshest flavors of summer, this easy salad dish can be prepped ahead of time and chilled until ready to serve. Make your next barbecue or family gathering memorable with this simple, crunchy, and delicious salad!

Ingredients:

2 lb asparagus
2 medium avocados
juice and zest of 1 lemon
2 Tbsp olive oil
2 Tbsp fresh parsley, minced
1 Tbsp fresh coriander
1 Tbsp white wine vinegar
1/2 Tbsp balsamic vinegar
1 tsp sugar
1 tsp fresh mint, minced
Salt and pepper, to taste

Directions:

1. Trim off the tough ends of the asparagus, then steam until just tender and bright green.
2. Plunge the asparagus into cold water to halt the cooking time and drain well. Set aside.
3. Peel the avocados then dice the flesh. Toss with the lemon juice and lemon zest, then add to the asparagus.
4. In small bowl, whisk together white wine vinegar, balsamic vinegar, olive oil, castor sugar, mint and parsley.
5. Add salt and pepper to taste, then pour over the asparagus.
6. Toss lightly, then spoon into a suitably sized bowl.

Refrigerate, then serve.

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