

Spring Salad
by: Food & Family Magazine 2005

Ingredients:

3-5 asparagus spears cut into 1-2" spears
3 cubes Monterey Jack cheese
1 tomato, cut into wedges
2 tbsp Sun Dried Tomato Vinaigrette (recipe below)

Instructions:

1. Steam asparagus until desired tenderness (4-5 minutes)
2. Place all ingredients in dish, toss and enjoy!

Serves: 1

NOTES:

You can make this a family serving (4-6). Use 1 lb. asparagus, 12 cheese cubes, 4-6 tomatoes and 6 tbsp dressing.

Sun Dried Tomato Vinaigrette Dressing

Ingredients:

1/4 cup roughly chopped sun dried tomatoes
1/2 cup parmesan cheese (optional)
2 tbsp lemon juice
2 tbsp water
1 garlic clove
1/2 cup olive oil
pinch of salt
pinch of black pepper

Instructions:

1. Place all ingredients in food processor. Blend until desired consistency.
2. Place in glass container and refrigerate for up to one week.

Serving: 1 cup

NOTE:

Omit the parmesan cheese in the sun dried tomato vinaigrette and add to the salad as a topping.

