

Warm Spring Salad



2 meals (or 4 side servings)



INGREDIENTS

- 8-12 stalks of asparagus, roasted
- 1 teaspoon olive oil
- Salt and pepper to taste
- 2 tablespoons minced shallot
- 1 tablespoon Dijon mustard
- 3 tablespoons apple cider vinegar
- 2 teaspoons honey
- 1/3 cup extra virgin olive oil
- 6 cups mixed greens (i.e. radicchio, endive, spinach, romaine, baby kale, or spring mix)
- 3/4 - 1 cup cooked wheat berries (or your favorite grain berries like spelt or farro)
- 1 cup cannellini beans, rinsed & drained
- 1 cup green onions, sliced diagonally
- 1 cup sliced strawberries
- 1/2 cup crumbled feta cheese

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Toss asparagus with olive oil, salt, and pepper. Place asparagus on a sheet pan lined with parchment paper in preheated oven and roast for 10-15 minutes. Remove from oven once roasted, crispy on the edges, and tender. Set aside.
3. Whisk together the dressing ingredients (shallot, Dijon, vinegar, honey, salt, pepper, and oil).
4. Place salad greens in a large bowl and toss with 1/4 cup of dressing. Extra dressing can be used to dress the top of the salad.
5. Layer ingredients onto a large serving platter. Start with salad greens, followed by the wheat berries, Cannellini beans, green onions, and strawberries. Lay the asparagus across the salad. Sprinkle crumbled feta cheese over the salad and drizzle dressing over the top as needed. Enjoy

NOTES

Consider pairing this salad with a Sauvignon Blanc, Vino Verde, or a Pinot Grigio. With bright acidity and herbal notes, these white wines will complement the key flavors of the salad. Their light and citrusy profiles won't overpower the delicate flavors but will provide a refreshing contrast.

