

# Asparagus, Tomato, and Avocado Salad

## INGREDIENTS:

- 1 lb. asparagus, trimmed
- 1 small lemon
- 2 cups cherry or grape tomatoes, halved lengthwise
- 2 ripe avocados
- 1 handful fresh basil
- ¼ cup extra virgin olive oil
- 2 tsp. Dijon mustard
- ½ tsp. coarse sea salt
- Freshly ground pepper, to taste

## PROCESS:

- Steam asparagus in a thin layer of water for about 2 minutes or until asparagus is bright green and tender. Drain and rinse with cold water.
- Squeeze lemon juice.
- Peel and cut avocado into 1 inch cubes.
- Chop basil.
- In a small bowl whisk olive oil, lemon juice, Dijon mustard, and sea salt until well combined.
- In a large bowl, add asparagus, tomato, avocado, and basil. Drizzle with dressing, stir gently to coat.
- Season with freshly ground pepper and serve.

ENJOY!

