



Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

#lunch #dinner #vegetarian #eggfree #glutenfree #appetizer #dairyfree #nightshade-free

11 ingredients 15 minutes 4 servings

Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

Notes

- Dairy-Free** Skip the feta.
- Nut-Free** Use sunflower seeds instead of slivered almonds.
- No Lentils** Use chickpeas or beans instead.
- Storage** Stores well in the fridge up to 3 days.
- Asparagus and Sexuality** Who knew this green flavourful vegetable contains many sex benefits! Rich in folate, asparagus increases blood flow to sex organs. It's also known to improve reproductive function and decrease the risk for birth defects. For the gentlemen, folate helps to increase sperm count. Asparagus also contains Vitamin C, which improves sex hormone production, increase fertility, and enhance performance. So don't forget to eat your greens like everyone says!
- Belly Bloat?** Asparagus and cucumber are both high-water content foods, which directly help to reduce water retention.

Ingredients

- **2 bunches** Asparagus (trimmed and sliced in half lengthwise)
- **3 tbsps** Balsamic Vinegar
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsp** Dijon Mustard
- **1 tbsp** Maple Syrup
- **1** Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- **1** Cucumber (large, diced)
- **1 can** Lentils (drained and rinsed)
- **1/2 cup** Slivered Almonds (toasted)
- **1/2 cup** Feta Cheese (crumbled)

379 Calories

