



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology Bowen

Spring Salad (serves 6)

FLT (per serving): ½ legume, 2 oils, unlimited category 1 vegetables
137 calories, 10 g carbohydrate, 3 g protein, 10 g fat

2 ½ tsp. fresh lemon juice
2 tsp. olive oil
1 clove of garlic, crushed
1 lb. of asparagus
½ English cucumber, cut into ¼'s and sliced (unpeeled)
½ tsp. kosher salt
½ tsp. pepper 3 scallions, sliced, white part only
1 cup fresh or frozen peas, thawed
1 ripe avocado, diced into 1-inch pieces

1. Combine lemon juice, oil, and garlic in a jar, shake vigorously, add salt and pepper then set aside.
2. Snap ends off asparagus and slice 1" pieces diagonally.
3. Blanch 3 minutes, remove with strainer and run under cold water. Set aside.
4. Blanch peas. If using fresh peas for 30 seconds, rinse with cold water. If using frozen peas, just defrost.
5. Combine veggies in a bowl.
6. Shake dressing and toss into salad.
7. Add avocado right before serving.