

A and A Salad

Courtesy of Carole's Creations

Prep Time: minutes

Cooking Time: minutes

Serves:

CChints: The A's stand for asparagus and apples. This is a light and refreshing salad. To know where to cut the ends off the asparagus, hold the end in one hand and put the other hand about half way up the stalk and bend to break it. Where it breaks is where it should be cut. That will tell you where to cut off the tuff part of the stem. This makes a very good side salad or if you add meat, it becomes a dinner salad.



Dressing:

2 tablespoons red wine vinegar
1 teaspoon sugar
1-1/2 teaspoons Dijon mustard
3 tablespoons extra virgin olive oil
Pinch of salt and pepper

Salad:

3 cups, 1 inch long pieces of asparagus
1/2 teaspoon Molly McButter® seasoning
2 Gala apples, sliced and cut in 1 inch pieces
3/4 cup sliced red seedless grapes
5 ounce bag of mixed salad greens

Optional – 1/4 cup crumbled goat or blue cheese

Whisk together the ingredients for the dressing and set aside.

Place the asparagus in a microwaveable bowl and sprinkle with the Molly McButter. Partially cover the bowl and microwave for 2 minutes. Remove the cover and drop a few ice cubes in the container to cool down the asparagus.

Combine the apples, cheese, grapes and add the asparagus. Pour the salad greens on a serving platter and top with the A and A mixture. Sprinkle the salad dressing over the entire salad and add the optional cheese. Serve and enjoy.