

## SPRING INTO GREAT HEALTH!



### SPRING VEGGIES

As the days get longer and the sun starts to shine, we begin to wish less for the comfort foods of winter and wish more for the fresh flavors of spring. Mix and match some of these great spring veggies to bring something fresh and new into your meals!

- Asparagus
- Snow peas
- Radishes
- Rhubarb
- Ramps
- Lettuce
- Parsnips
- Swiss Chard
- Onions
- Carrots

### Asparagus Vinaigrette

#### Ingredients:

- 2 bunches asparagus (or 2 pounds)
- 3 tablespoons vinegar
- 2 tablespoons minced onion
- 1 tablespoon oil
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- Salt to taste

#### Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
3. Add asparagus and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings**

### YOUR NUTRITIONISTS



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