



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Spring Salad w/ Tarragon Vinaigrette

Ingredients:

- 2 tablespoons red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon whole-grain mustard
- 1/4 teaspoon dried tarragon
- Pinch of salt
- Pinch of freshly ground pepper
- 1 clove garlic, crushed
- 1/2 bunch asparagus, tough ends trimmed
- 2 large hard-boiled eggs
- 5 cups mixed salad greens
- 10 cherry tomatoes
- 1 4-ounce can sardines, drained
- 6 olives (optional)

Directions:

1. Whisk vinegar, oil, mustard, tarragon, salt and pepper in a small bowl. Add garlic and set aside.
2. Bring 1 inch of water to a boil in a medium skillet. Add asparagus, stirring to submerge if necessary, and cook until bright green and crisp-tender, about 3 minutes. Drain and place under cold running water until cooled.
3. Peel and slice eggs. Divide salad greens between 2 plates and top with the eggs, asparagus, tomatoes, sardines and olives (if using). Remove the garlic from the dressing, stir to combine and drizzle over the salads.

Serves 2

360 calories, 26 g fat, 4 g saturated fat,
9 g carbohydrate, 4 g fiber, 23 g protein,
485 mg sodium

Source: Million Hearts

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