Ingredient:  
• 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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