

BALSAMIC STRAWBERRY ASPARAGUS SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 86

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 271 mg

Total Carbohydrate: 15 g

Dietary Fiber: 3 g

Total Sugars: 9 g

Protein: 5 g



Ingredients

- Cooking spray
- 2 pounds fresh asparagus-(2 bunches with 1 inch ends cut off)
- ¼ cup balsamic glaze
- 2 cups sliced strawberries
- ½ cup chopped red onion
- ¼ cup chopped fresh basil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¾ cup reduced fat crumbled feta cheese
- 1 Tablespoon lemon juice, fresh squeezed



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Directions

1. Spray grill pan with cooking spray. Grill asparagus over medium-high heat, rotating several times, for 5-7 minutes. Let cool and cut into 2 inch pieces.
2. In a medium mixing bowl, combine asparagus, balsamic glaze, strawberries, onion, basil, salt, and pepper.
3. Drizzle with fresh squeezed lemon juice and sprinkle with feta cheese just before serving.