

STRAWBERRY ASPARAGUS SALAD

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

Serves: 5 (Serving= 1 cup)

Nutrition (per serving)

Calories: 110

Total Fat: 5 g

Saturated Fat: 3.5 g

Sodium: 210 mg

Total Carbohydrate: 13 g

Dietary Fiber: 3 g

Total Sugars: 10 g

Added Sugars: 0 g

Protein: 5 g



Ingredients

- Cooking spray
- 1 bunch fresh asparagus spears with 1-inch ends cut off
- 2 cups sliced strawberries
- ½ cup chopped red onion
- ¼ cup chopped fresh basil
- 3 Tablespoons balsamic glaze
- ¾ cup crumbled feta cheese



OSF
HEALTHCARE

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, strawberries, onion, and basil. This can also be done in layers on a large serving plate.
3. Drizzle balsamic glaze and sprinkle with feta cheese just before serving.