



Love the Texture?

Change up how you cut vegetables with a spiralizer, slicer peeler, mandoline & chopper.

SPRING VEGETABLE SALAD

With Asparagus, Cucumber, Radish and Parmesan

INGREDIENTS

Prep Time: 15 Minutes

Servings: 2-4

1 head Butter Lettuce, chopped
1 Cucumber, spiralized
6 oz Asparagus, peeled into ribbons
6 Radishes, sliced thin
½ cup Frozen Peas, blanched and cooled
2 oz Feta, crumble
2 oz Parmesan, shaved
Dressing of choice, or recipe below

CREAMY HERB DRESSING

1/4 cup Mayo
1/4 cup Sour Cream
1/4 cup Milk
1/8 teaspoon Onion Powder
1/4 teaspoon Garlic Powder
1/2 teaspoon Dried Dill
1/4 teaspoon Dried Parsley
1/8 teaspoon Salt
Pinch Black Pepper
1 teaspoon Lemon Juice

DIRECTIONS

1. Blanch the Peas: Follow the package's direction to cook peas. Once ready, drain peas and immediately immerse them in a bowl of ice water. Allow peas to completely cool. Remove from water and allow to dry on a paper towel.

2. Prep the Salad: Chop the butter lettuce into bite sized strips. Use a vegetable peeler to shave the asparagus into ribbons and a spiralizer to curl the cucumber. Use a knife or peeler to slice the radishes. Use the slicer to shave slices off the Parmesan block.

3. Make the Salad: On a platter, add chopped butter lettuce. Top with cucumber and asparagus ribbons, radishes and peas. Top with Parmesan shavings, crumbled feta and drizzle with either your favorite dressing or the Creamy Herb Dressing. Serve immediately!

Quick Creamy Herb Dressing:

1. Whisk together all ingredients in a medium bowl, cover and refrigerate until ready to use.