

GUASTELLO'S VILLAGE MARKET

Bright Spring Salad

Serves 4

Ingredients

1 bunch asparagus, tender parts, chopped into 1-inch pieces
½ cup frozen peas, thawed
A few handfuls of salad greens
2 radishes, thinly sliced
½ cup crumbled feta cheese
½ avocado, pitted and diced
¼ cup chopped, toasted pistachios
½ cup roasted chickpeas
Fresh herbs, for garnish (basil, mint and/or chives)
Sea salt and freshly ground pepper

Dressing

¼ cup fresh basil or a mix of basil and mint
1 small garlic clove
1 tablespoon lemon juice, plus ½ teaspoon zest
1 tablespoon white wine vinegar
2 tablespoons extra-virgin olive oil, more as desired
¼ teaspoon sea salt

Instructions:

Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute, until tender but still bright green. Transfer to the ice water for 1 minute, then drain. Allow the asparagus to dry and transfer it back to the bowl and add the peas.

Make the dressing: In a food processor, pulse together the herbs, garlic, lemon juice, zest, vinegar, olive oil, and salt.

Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.

Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing, season to taste with more salt and pepper, and serve.

Cook's Notes:

Variations

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A good salad recipe is always flexible, and this spring salad is no exception. Here are a few of my favorite ways to change it up:

Swap the cheese, or skip it. Use soft goat cheese or mini mozzarella balls instead of feta, or skip the cheese to make this asparagus salad vegan.

Mix up the veggies. Use whatever looks good at the farmers market or grocery store! If you can't find radishes, shaved kohlrabi or Japanese turnips would be a great substitute. I also like to make this spring pea salad with blanched sugar snaps or green beans instead of the asparagus.

Try a different nut or seed. Toasted almonds, walnuts, or pepitas would be fantastic.

Switch the dressing. If you happen to have pesto on hand, it makes a delicious dressing for this spring salad! If your pesto is thick, thin it out with extra olive oil or lemon juice.

Make a spinach salad. If you can get your hands on tender baby spinach, this asparagus, pea, and radish salad is a perfect way to use it.

Credit: loveandlemons.com