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# SPRING PEA & ASPARAGUS SALAD

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1/3 cup	Fresh mint leaves, torn
1 tablespoon	Capers, roughly chopped
1 small	Shallot, very thinly sliced
1 teaspoon	Lemon zest
1/8 cup	Olive oil
1/4 teaspoon	Salt
¼ teaspoon	Pepper
6 ounces	Frozen peas, thawed
1 pound	Asparagus, cut diagonally into 1 inch pieces
1/2 cup	Crumbles goat cheese (4 ounces)

- Cook asparagus in 2 inches boiling water for 2-3 minutes. Run cold water over asparagus to cool them down. Set aside.
- In a medium bowl, combine mint, capers, shallot, zest, oil, salt, and pepper.
- Add the peas, asparagus, and goat cheese to the bowl and toss gently.
- Serve at room temperature.

6 servings

*Per serving:*

*120 Calories*

*8 grams Fat*

*6 grams Total Carbohydrate*

*3 grams Dietary Fiber*

*6 grams of Protein*

*212 mg sodium*