



Asparagus Salad by Toni

Ingredients:

1 lb asparagus

1/2 red onion, slivered

1/2 pint cherry tomatoes, halved

3 T. balsamic vinaigrette dressing

Salt and pepper, to taste

Instructions:

Cut asparagus into three-inch pieces.

Blanch in salted, boiling water for about one minute.

Pour into colander and let drain for a few minutes.

Do not rinse with cold water.

Pour asparagus into bowl and add all other ingredients and stir.

Let sit to absorb dressing.

Serve at room temperature.



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Living*

Recipe created by Toni, owner of Healthy Living.
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