



# SPRING SALAD WITH CHAMPAGNE VINAIGRETTE

SERVINGS: 4      ACTIVE TIME: 20 mins      TOTAL TIME: 30 mins

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Say goodbye to the white, gray tones of winter and welcome in the vibrant green vegetables of spring with this seasonal salad. It works perfectly as a side dish to accompany a meal for four or works great as a entree for two. No matter how you choose to serve it, this is a great way to toast the beginning of spring and the end of winter!

## Ingredients

### For the Salad

- > 1 small bunch of asparagus
- > 1/2 cup of snow peas
- > 1 14oz. can of artichoke hearts, drained
- > 2 radishes
- > A head of butter lettuce
- > One bunch of watercress
- > Parmesan shavings, optional

### For the Vinaigrette

- > 1/4 cup extra virgin olive oil
- > 1 tablespoon champagne vinegar
- > The juice of a lemon
- > 1 teaspoon minced garlic
- > 1/2 teaspoon brown mustard
- > Salt & Pepper to taste

## Directions

1. Start by bringing a gallon or so of water to a boil. Add a table-spoon of salt to the water. While the water is heating up, make the vinaigrette and cut the vegetables.
2. Smash a garlic clove on a cutting board using the broad side of your knife and then run your knife through the garlic several times to mince it. Combine the garlic, champagne vinegar, lemon juice and mustard into a small mixing bowl and whisk to combine. Using a whisk, stir rapidly while slowly pouring in the olive oil until it is emulsified. Add a pinch of garlic and some black pepper. Set aside.
3. Trim off the fibrous ends of the asparagus and then cut them in half. Inspect the snow peas, tear off any remaining stems and then combine with asparagus. Fill a medium mixing bowl with ice water and set aside.
4. Once the water is boiling, blanch the asparagus and snow peas by tossing into the boiling water. Wait two to three minutes and use a slotted spoon or spider to transfer the vegetables from the boiling water to the bowl of ice water. Stir until the vegetables are thoroughly chilled and then drain.

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## Shopping List

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 1 small bunch asparagus        | <input type="checkbox"/> One bunch of watercress | <input type="checkbox"/> champagne vinegar |
| <input type="checkbox"/> 1/2 cup of snow peas           | <input type="checkbox"/> 2 radishes              | <input type="checkbox"/> a lemon           |
| <input type="checkbox"/> 1 14oz can of artichoke hearts | <input type="checkbox"/> Parmesan shavings       | <input type="checkbox"/> garlic            |
| <input type="checkbox"/> A head of butter lettuce       | <input type="checkbox"/> extra virgin olive oil  | <input type="checkbox"/> brown mustard     |

5. Thinly slice the radishes or use a mandolin. Drain the can of artichoke hearts and lightly rinse the hearts as sometimes the water it is stored in can taste metallic. Carefully cut the hearts into quarters. Set aside.
6. Trim off any thick stems from the watercress. Tear off large pieces of the butter lettuce from the head. Combine the lettuce and watercress into a strainer and rinse thoroughly with cold water. Pat dry with paper towels or use a salad spinner (preferred) to dry the leaves.
7. In a large salad bowl, combine all ingredients along with the vinaigrette and a pinch of salt and black pepper. Lightly toss to combine and coat everything in the vinaigrette and then top with parmesan shavings.

Serve immediately.



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