

# Farm Market

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## Green Salad with Asparagus & Peas

### Ingredients:

- 2 teaspoons freshly grated lemon zest
- ¼ cup lemon juice
- ¼ cup canola oil, or extra-virgin olive oil
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 heads Boston or Bibb lettuce, torn into bite-size pieces
- 2 cups very thinly sliced fresh asparagus, (about 1 bunch)
- 2 cups shelled fresh peas, (about 3 pounds unshelled)
- 1 pint grape or cherry tomatoes, halved
- 2 tablespoons minced fresh chives, or scallion greens

### Directions:

Combine lemon zest and juice, oil, sugar, salt and pepper in a large salad bowl. Add lettuce, asparagus, peas, tomatoes and chives (or scallion greens); toss to coat.

Servings: 8 servings, about 2 cups each

Per serving: 113 calories; 7.4 g total fat; 0.6 g saturated fat; 152 mg sodium. 339 mg potassium; 9.8 g carbohydrates; 3.4 g fiber; 5 g sugar; 3.5 g protein; 2170 IU vitamin a iu; 27 mg vitamin c; 75 mcg folate; 36 mg calcium; 2 mg iron; 26 mg magnesium; 1 g added sugar

*Recipe from eatingwell.com*