

Asparagus and Apple Salad

Makes 1 serving (1 vegetable, 1 fruit)
6 grams protein
0 fat
150 calories

Ingredients

- 1 ½ cups of asparagus, chopped
- 1 apple, diced
- 4 tablespoons lemon juice and water, as needed
- ¼ teaspoon garam masala or cinnamon
- 1 tablespoon onion, finely minced
- Sea salt and pepper to taste
- Stevia to taste

Directions

1. Marinate asparagus in vinaigrette for 10 minutes or so.
2. Lightly sauté asparagus in lemon juice until just lightly cooked.
3. Toss with finely chopped onion, apple, and spices.
4. Add sea salt, pepper, and Stevia to taste.
5. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish.

