



Cold Asparagus Salad

Makes 1 serving (1 vegetable)
5 grams protein
0 fat
65 calories

Ingredients

- 1½ cups asparagus spears
- 3 tablespoons lemon juice
- Fresh mint leaves or parsley, chopped
- 2 tablespoons caper juice
- 1 tablespoon finely minced red onion
- Sea salt and pepper to taste

PHASE 3 MODIFICATION:

Add olive or drizzle with melted butter.

Directions

1. Lightly steam the asparagus until tender.
2. Marinate in juices and spices for at least 30 minutes and enjoy.

Variation: Toss with the marinade of your choice for flavor variety.

