

**Grow in Wellness Spring Salad**

Gather these ingredients:

Produce

3 cups mixed greens

½ cup (large chop) snap peas, raw

½ cup roasted (or steamed) asparagus cut into small pieces

½ cup chopped strawberries

½ cup pea sprouts

1 avocado, diced

¼ cup macadamia nuts lightly chopped and toasted

Dressing

1 garlic clove, minced

3 TBSP balsamic vinegar

1 tsp. Dijon mustard

1/2 cup extra virgin olive oil

salt and fresh ground pepper

Put them all together:

Put salad ingredients, except for macadamia nuts, into a large bowl. Then put dressing ingredients in a large glass measuring cup and whisk until well combined. (You can also put the dressing ingredients into a mason jar and shake until mixed well.) Pour dressing over salad ingredients, toss, then serve topped with toasted macadamia nuts.

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