

A Taste of Spring Salad

This recipe is great for all the different lettuces and greens which are still in abundance. The fruit and vegetable combinations are delicious with spinach, arugula, totsoi, or other leafy, salad greens. If you haven't tried totsoi, it is similar to spinach, and available through some of the farmers.

You can gather most of these ingredients from the Sandy Springs Farmer's Market, making it the perfect pick me up after a fun morning of shopping at the Market. Don't forget to check the bottom of the page for additions from our vendors to make your salad unique.

Dressing:

- 1/4 cup balsamic vinegar
- 2 T honey of choice from **Hometown Honey**
- 1/2 cup olive oil

Salad:

- 1 cup asparagus cut into 1" pieces (substitute 1 cup fresh English peas)
- 1 pint strawberries, sliced
- 2-3 bunches of spinach or totsoi or enough lettuce of choice for four people

Preparation

1. Place the dressing ingredients in a jar or cruet and shake to combine.
2. Blanch asparagus in boiling water for 4 minutes or until crisp-tender. Run under cold water immediately after removing from boiling water to stop cooking and keep the bright green color. Alternately, cook the peas by steaming or boiling until they are tender. Allow the vegetable to cool and dry.
3. Divide the lettuce between four plates, and top with the strawberries and asparagus.
4. Drizzle with dressing or serve on the side with Breadwinner banana bread, challah from Best Bread Baking Co. or baguette from Old World Artisan Breads.

Other options for salad:

- Top with fresh, imported goat cheese from **Antico Mercante**, pecans or cashews from **Goodness Gracious! Granola** or chicken salad from **Cuisine on the Run**.
- Pick up a ready-made dressing from **Lola's** to use instead of homemade