

Avocado and Asparagus Salad

Printed from Asparagus Recipes at <http://www.asparagusrecipes.net/>

Crispy and creamy, sweet and tangy, this salad will surprise you with its full flavor. Experiment with whatever fresh herbs you have on hand for a new treat each time.

Ingredients:

2 pounds asparagus, thick ends removed, cut into 2-inch pieces
2 medium avocados, peeled, pitted, and diced
1 lemon, zested and juiced
2 tablespoons olive oil
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh mint
1 tablespoon white wine vinegar
½ tablespoon balsamic vinegar
1 teaspoon sugar
¼ teaspoon salt
¼ teaspoon black pepper

Directions:

1. Bring a large pot of salted water to a boil. Add asparagus and cook until bright green, 2 to 3 minutes. Remove, rinse under cold water, and drain.
2. Combine asparagus, avocados, lemon juice, and lemon zest in a large bowl; toss gently to coat.
3. In a small bowl, whisk together oil, parsley, cilantro, mint, vinegars, sugar, salt, and pepper. Pour over asparagus mixture and toss gently to coat. Serve immediately or chill for 2 hours.