



3.18.15

Spring Confetti Salad gluten-free

- 1/2 tablespoon ghee or avocado oil
- 1 bunch (about 3/4lb) asparagus, *ends trimmed*
- 3 tablespoons diced shallot
- 3-4 handfuls mixed baby greens (I like using an arugula blend)
- 2 stalks curly kale, *torn from the stems + chopped*
- 2 cups finely shredded red cabbage
- 2-3 tablespoons extra virgin olive oil
- 3 watermelon radishes, *thinly sliced*
- 3/4 cup chickpeas, rinsed + drained
- 1/4 cup sliced kalamata olives
- 4oz sheep or goat's milk feta cheese
- 3-4 tablespoons fresh lemon juice
- 1/4 cup roasted salted pistachios
- salt + pepper

Place a large saute pan over medium heat with the ghee or oil. Chop asparagus into 2-inch pieces. Add to the pan once hot and cook until almost tender and starting to brown. Stir frequently. Add the shallot and cook, stirring frequently, until golden brown and asparagus is just tender. 2-3 minutes. Spread on a large plate and set in the fridge to chill. About 10-15 minutes.

Place baby greens in a large bowl. Chop your kale and add that along with the shredded cabbage to the bowl. Add the oil and massage into the greens. Toss in the radishes, chickpeas, olives, chilled asparagus, and a hefty grind of black pepper. Add about 3oz of the feta and the lemon juice and toss/massage into the salad.

Empty onto a large platter or individual bowls and top with pistachios, a sprinkle of feta, salt, pepper, and a lemon wedge.