Dinner, Mediterranean

Asparagus and Orange Salad with Avocado

Tender simmered asparagus joins juicy orange, beefsteak tomatoes, and creamy avocado over crisp romaine, all brought together with a quick olive oil vinaigrette.



Vegetarian | Nut free

15 min	110	10 g	4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 bunch fresh asparagus (trimmed, about 1 pound)
- [ ] 4 oz romaine lettuce (cut into bite-size pieces)
- [ ] 1 large orange (peeled and cut into segments)
- [ ] 1 large beefsteak tomatoes (cut into 12 equal pieces)
- [ ] 1 whole avocado (pitted, peeled, and diced)
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp red wine vinegar
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper

Nutrition Facts

Per serving

Calories	110
Total fat	8 g
Saturated fat	1 g
Sodium	105 mg
Total carbs	10 g
Fiber	4 g
Total sugars	4 g
Protein	3 g

Method

- [ ] 1 Bring a pot of water to a boil over high heat and lower the asparagus into it.
- [ ] 2 Turn the heat down to low and simmer the asparagus until tender, about 10 minutes.
- [ ] 3 Drain the asparagus and plunge it straight into a bowl of ice water.
- [ ] 4 Divide the romaine lettuce evenly among six salad bowls or plates.
- [ ] 5 Toss the orange segments, beefsteak tomatoes, and diced avocado together in a medium bowl.
- [ ] 6 Whisk the olive oil, red wine vinegar, salt, and black pepper in a small bowl until blended.
- [ ] 7 Lift the asparagus from the ice water, drain it well, and add it to the orange mixture.
- [ ] 8 Pour the dressing over the orange mixture and stir gently until everything is coated.
- [ ] 9 Spoon the mixture on top of the romaine lettuce and serve.

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