

# MIXED VEGETABLE SALAD

25 MINUTES | 4 servings

Perfect as a starter or side dish

## Ingredients

- |                           |                       |
|---------------------------|-----------------------|
| 1 yellow squash           | 1 red onion           |
| 1 zucchini squash         | 1 each lemon, lime    |
| 1 1/2 cup cherry tomatoes | 1 1/2 tbs agave syrup |
| 1 bunch of asparagus      | 1 1/2 cup olive oil   |
| 4 cups spring salad mix   | 1 pinch salt & pepper |

## Preparation

1. Bring 1/2 filled pot of water to a boil. Add asparagus and boil for 4-5 minutes.
2. Put asparagus into a bowl of water with ice to cool and stop the cooking process.
3. Add lemon/lime juice and agave syrup with salt and pepper into blender or in mixing bowl. Add in oil at a slow pour.
4. Mix in blender until smooth or mix by hand.
5. Spray griddle/grill with canola oil. Add vegetables and cook 2-3 minutes on each side.
6. Mix vegetables together with 1/8 cup of dressing. Store the rest for and use within 2-4 days. Serve over spring salad mix.

## Nutrition information per serving

Calories **350 kcal**  
Carbs **6g**  
Protein **2g**

Total Fat **36g**  
Saturated Fat **5g**  
Sodium **55mg**

Fiber **2g**  
Total Sugar **3g**



diabetes   
**NOW WHAT?**  
[epdiabetes.org/now-what](http://epdiabetes.org/now-what)