



## Spring Vegetable Salad

By Mary Reilly

Servings: 4

Ingredients	Nutrient value per serving Serving Size = 1 c. salad with ¼ c. dressing
<p><u>Dressing</u>            ¾ c. fat-free buttermilk            ¼ c. fat-free, gluten-free mayonnaise            ¼ c. chives, minced            ¼ c. flat-leaf parsley, minced            1/8 t. salt            1/8 t. ground pepper</p> <p><u>Salad</u>            2 small red potatoes            1 bunch of asparagus, tough ends snapped or cut off            4 c. mixed salad greens            4 radishes, cut into coins            ¾ c. beets, cooked (or canned), thinly sliced            1 3-oz. can light tuna in water, drained            1 hard-boiled egg, peeled and cut into 4 wedges</p>	<p>Exchanges ..... 1 starch            ..... 2 protein            ..... 1 ½ vegetable</p> <p>Calories ..... 162            Calories from Fat ..... 18            Total Fat ..... 2 g            Saturated Fat ..... 0 g            Cholesterol ..... 63 mg            Sodium ..... 351 mg            Carbohydrate ..... 23 g            Fiber ..... 3 g            Sugar ..... 7 g            Protein ..... 13 g</p>
Instructions	Notes
<ol style="list-style-type: none"> <li>Whisk all the dressing ingredients together.</li> <li>Bring 4 quarts of water to a boil in a 6-quart saucepan. Add a pinch of salt and the potatoes, and cook until potatoes are tender, about 10 min. With a slotted spoon, lift the potatoes out of the water and set aside. Add the asparagus to the water and cook until bright green, about 30 min. Remove and set aside.</li> <li>Toss the greens with half of the dressing. Divide onto four plates.</li> <li>Cut the potatoes into slices and toss with one tablespoon of dressing.</li> <li>Decoratively arrange the potatoes, asparagus, radishes and beets on the greens. Drizzle each plate with an equal amount of the remaining dressing.</li> <li>Dive tuna into four equal portions.</li> <li>Top each salad with one portion of tuna and one egg wedge.</li> </ol>	<p>Prep and cook time: 20 min.</p> <p>Note: Enjoy a lightened-up version of the traditional salade nicoise featuring fresh, spring asparagus, radishes and beets.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.)</i></p> <p><i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i></p>