

## Spring Asparagus, Pea, and Chickpea Salad with a Creamy Avocado Dressing



Prep time: about 20 minutes

Cooking time: about 3 minutes

Servings: 4

Ingredients:

### **For the Salad**

- 1 cup fresh or frozen green peas, thawed
- 1 tbsp extra virgin olive oil
- 1 cup chickpeas, rinsed and drained
- 4 cups spring salad greens
- ¼ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- 2 green onions, thinly sliced
- ½ cup crumbled feta
- ¼ cup toasted almond slices or pumpkin seeds

- Sliced radishes (optional)

### **For the Dressing**

- 1 large avocado
- 2 tbsp extra virgin olive oil
- 1-2 tbsp fresh lemon juice
- 1 tbsp apple cider vinegar
- ½ cup basil leaves and tender stems
- 1 small clove garlic
- ¼ tsp Himalayan salt
- Freshly ground pepper
- 2-3 tbsp water (to thin)

### **Directions:**

- Prepare an ice bath (ice cubes and cold water in a large bowl) for the asparagus and peas.
- Warm 1 tbsp of extra virgin olive oil in a large skillet. Add the asparagus and cook just until it turns bright green. Add the fresh peas and cook for 1 minute or until the peas are tender. You don't need to cook the frozen peas. When the asparagus and peas are ready, add them to the ice bath to stop the cooking process.
- Make the dressing: In a food processor or blender, add all of the ingredients, except the water, and blend until smooth and creamy. Add just enough water as necessary to get a drizzly consistency.
- Drain the asparagus and peas and pat them dry.

- Arrange the salad greens in a wide bowl. Layer the asparagus, peas, chickpeas, fresh herbs, feta, and almonds/pumpkin seeds on top. Drizzle over half of the avocado dressing and serve the rest on the side.

**Recipe created by Roxane Shymkiw**

Recipe compliments of <https://www.themediterraneandish.com/>