

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Greek Style Asparagus Antipasto

Serves 4-6

Ingredients:

1/3 cup sweet onions, diced
1 teaspoon grapeseed oil
6 spears Asparagus, sliced in 1/8-inch pieces
1/3 cup yellow bell peppers, chopped
1 tablespoon lemon juice
1/4 teaspoon each of salt and pepper
1 tablespoon balsamic vinegar
1/3 cup cherry tomatoes, chopped (about 6)
1/2 tablespoon fresh thyme, finely chopped
1/4 teaspoon dried oregano
1/3 cup goat feta cheese, crumbled or chopped

Directions:

1. Sauté onions with grapeseed oil until translucent.
2. Add asparagus, peppers, lemon juice and cook for 2 minutes.
3. Add salt, pepper, balsamic vinegar and cook for about more 3 minutes.
4. Set aside to cool.
5. In small bowl, mix tomatoes, thyme, oregano.
6. Add cooled asparagus mixture.
7. Add feta cheese and toss.
8. Store in refrigerator for a least 1 hour.
9. Serve with whole grain crackers as an appetizer or use as topping for chicken, fish, or beef.