

Avocado Asparagus Salad

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It's worth waiting to prepare this salad until asparagus is in season. Their sweet, earthy flavors is unmatched by frozen or canned asparagus.

Ingredients:

2 pounds fresh asparagus, ends trimmed
2 medium avocados, peeled, pitted, diced
1 lemon, juiced
1 teaspoon grated lemon zest
2 tablespoons olive oil
1 tablespoon white wine vinegar
1 teaspoon balsamic vinegar
1 teaspoon sugar
Salt and black pepper, to taste
2 tablespoons minced fresh parsley
1 tablespoon minced fresh cilantro
1 teaspoon minced fresh mint

Directions:

- 1) Bring a medium pot of water to a boil; add asparagus and cook until color just turns bright green, about 2 minutes. Rinse quickly under cold water, drain, and set aside.
- 2) Combine avocados and lemon juice in a medium bowl. Add reserved asparagus and zest; toss gently.
- 3) In a small bowl, whisk together oil, vinegars, sugar, salt, and pepper. Stir in parsley, cilantro, and mint. Pour dressing over avocado mixture; toss gently and serve.