

Lauren's Kitchen: Potato, Green Bean and Asparagus Salad




Ok I admit I have a salad thing going but seriously with these sultry spring days I don't think anything sounds better in the evening than a bowlful of spring veggies tossed in the perfect vinaigrette. Enter Green Valley Kitchen's Potato Salad with Green Beans and Asparagus – a heavenly match. So heavenly that I've made it twice in the past week!

So here's what goes into this delightful dish:

- 1 pound of new potatoes – I used about 15 small new potatoes.
- 1 pound of green beans
- 1 bunch of asparagus
- 2 Tbs minced red onion
- 2 Tbs minced parsley
- 1 large handful of walnuts
- 4 Tbs olive oil
- 2 Tbs red wine vinegar
- 1 tsp dijon mustard
- 1 large clove of garlic – put through a garlic press
- 8 twists of black pepper

Further instructions for preparing can be found here on the Green Valley Kitchen Blog.

 As you know I encourage my clients to eat a raw salad before dinner to help alkalize the body and improve digestion so what to do when the salad is the main dish and it is cooked? This calls for a perfect plate of seasonal fruit. Dinner done.