

Easy Mediterranean Green Salad



Servings: 3

15 minutes

INGREDIENTS

- 6 cups chopped romaine lettuce
- 1 cup cucumber, sliced or chopped
- 1 ripe avocado, sliced
- 1 cup thawed frozen green peas
- 1 cup asparagus, blanched and cut into bite-size pieces
- ½ cup marinated artichoke hearts, drained and chopped
- 3 tablespoons extra-virgin olive oil
- 2–3 tablespoons reserved marinated artichoke juice (from the jar)
- Salt, to taste
- Freshly ground black pepper, to taste

DIRECTIONS

1. Add the romaine lettuce, cucumbers, avocado, green peas, asparagus, and marinated artichoke hearts to a large bowl.
2. Drizzle the olive oil evenly over the salad.
3. Spoon 2–3 tablespoons of the marinated artichoke juice over the greens for easy flavor and acidity.
4. Season with salt and freshly ground black pepper to taste.
5. Toss gently until everything is evenly coated.
6. Serve immediately, or chill briefly before serving.

Storage

This salad is best enjoyed fresh. If storing leftovers, refrigerate in an airtight container for up to 24 hours. For best texture, add the avocado just before serving.

Nutrition per serving (approximate): Calories: 240 Protein: 5g Fat: 18g Carbohydrates: 19g Fiber 7g