

Blistered Veggie & Berry Salad



INGREDIENTS

- 1 bunch asparagus, trimmed
- 1 cup mini sweet peppers, halved and seeded
- 1 tablespoon olive oil
- Salt and freshly ground black pepper, to taste
- 5 ounces fresh baby spinach or spring greens
- 1 cup tomatoes on the vine, halved
- ¾–1 cup fresh blackberries
- ¼ cup toasted nuts (optional)
- ¼ cup crumbled goat cheese, optional

For the Lemon Honey Dijon Vinaigrette

- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1–2 teaspoons honey
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

Optional:

- ½ teaspoon fresh lemon zest
- 1 small garlic clove, finely grated

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Place asparagus and mini peppers on a sheet pan. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Toss to coat evenly.
3. Roast for 15–20 minutes, or until vegetables are tender and lightly blistered. Remove from oven and allow to cool completely.
4. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper until emulsified. Adjust seasoning to taste. Set aside.
5. In a large serving bowl, combine spinach or greens, cooled roasted vegetables, halved tomatoes, and fresh blackberries.
6. Drizzle with desired amount of vinaigrette and gently toss to combine.
7. Top with toasted nuts and crumbled goat cheese, if using. Serve immediately.

**Suggested
pairing:
Honey
Mustard
Glazed
Salmon or
your entrée
of choice.**

