

KIDNEY-FRIENDLY & HEART-HEALTHY

Broccoli & Asparagus Holiday Salad

Makes 6 servings



INGREDIENTS

- 3 cloves garlic, unpeeled**
- 1½ Tbsp lemon juice**
- 1 Tbsp olive oil**
- 2 tsp Dijon mustard**
- 1 tsp honey**
- 1 lb of asparagus, trimmed**
- 4 cups broccoli florets**
- 4 cups baby spinach**
- ¼ cup fresh pomegranate seeds, to serve**
- 2 Tbsp slivered almonds, to serve**

DIRECTIONS

Preheat oven to 320°F. Line a baking tray with parchment paper. Put the garlic on the tray and roast it for 20-25 minutes until it is soft. Let it cool.

Squeeze the soft roasted garlic into a bowl. Mash it and mix in lemon juice, oil, mustard, and honey.

Steam the asparagus and broccoli for 2-3 minutes until they are tender. Cool them quickly under cold water and drain well.

On a plate, layer the spinach, asparagus, and broccoli. Drizzle the roasted garlic dressing on top and add pomegranate seeds and slivered almonds.

Enjoy!

Nutrition Facts Per Serving (1 cup)	Calories	74
	Carbohydrates	7 g
	Protein	3 g
	Total Fat	4 g
	Phosphorus	80 mg
	Potassium	366 mg
	Sodium	73 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.