



Elliott Evans Nutrition, LLC
Prevent and Protect
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STEAMED VEGETABLE SALAD WITH MACADAMIA DRESSING

SERVES 2

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- 3 tablespoons fresh citrus juice (any combination of lime, lemon, and orange)
- 1 teaspoon raw apple-cider vinegar
- ½ teaspoon honey
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons chopped fresh dill, plus sprigs for garnish
- 1½ tablespoons chopped fresh flat-leaf parsley, plus leaves for garnish
- 4 fresh basil leaves, sliced, plus leaves for garnish
- ¼ cup raw macadamia nuts, toasted and finely chopped
- Coarse salt

FOR THE SALAD:

- ½ large fennel bulb, cored and cut into ½-inch slices
- ½ lb asparagus, trimmed
- ¼ lb green beans, trimmed
- ½ lb small carrots, scrubbed
- Coarse salt

- Whisk dressing ingredients in a bowl and season with salt.
- Working in batches, steam vegetables until crisp-tender, 2-4 minutes
- Halve steamed asparagus spears and carrots lengthwise
- Arrange vegetables on a platter before seasoning with salt, drizzling with dressing and garnishing with herbs.