

PREPARATION: 20 MINUTES

COOKING: 17 MINUTES

4 SERVINGS

SPRING SALAD



INGREDIENTS

4 eggs

12 asparagus, cut in 3-inch pieces

1 teaspoon olive oil

Dressing

2 tablespoons olive oil

1 tablespoon apple cider vinegar

1 teaspoon Dijon mustard

1 garlic clove, minced

4 cups romaine lettuce, torn

2 cans (150g each) salmon, without bones and skin, drained

2 green onions, minced

¼ cup fresh dill, chopped

PREPARATION

- 1** In a small pot, bring water to boil on high heat. Add the eggs, reduce heat to medium and cook them for 9 minutes. Stop the cooking process by running cold water over them. Peel the eggs and cut them in halves. Set them aside.
- 2** Prepare the dressing by combining 2 tablespoons olive oil, vinegar, mustard and garlic.
- 3** Place oven rack in the middle of the oven and heat the oven on broil.
- 4** Place asparagus on cooking sheet covered with parchment paper. Add 1 teaspoon olive oil and season with black pepper. Brush the oil over the asparagus.
- 5** Broil asparagus for about 4 minutes, turn them and broil another 4 minutes or until they are cooked.
- 6** Divide lettuce and other salad ingredients between the 4 bowls. Finish by sprinkling dressing on top.
- 7** Serve immediately and enjoy with low sodium crackers or bread.

Note: The eggs in this recipe taste best when they are still a bit soft inside. We therefore suggest a cooking time of only 9 minutes.

If you prepare the eggs in advance leave them in the shell until use because they are a bit more fragile than hard boiled eggs.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

4 Protein + 1 Vegetable

Calories	255Kcal
Protein	27g
Carbohydrates	5g
Fibre	2.4g
Total Fat	17g
Saturated Fat	3g
Cholesterol	255mg
Sodium	387mg
Potassium	529mg
Phosphorus	304mg