

Asparagus and Ham Salad

Ingredients

- 1 pound fresh asparagus, trimmed
- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 2 drops of clear stevia
- 1 cup diced fully cooked ham
- 2 green onions, thinly sliced

Directions

1. In a skillet, cook asparagus in a small amount of water until crisp-tender, about 6-8 minutes; drain well. Cover and refrigerate for at least 1 hour.
2. Meanwhile, in a jar with tight-fitting lid, combine the oil, vinegar, mustard, salt, pepper and clear stevia dropps if desired; shake well. Cover ad refrigerate at least 1 hour. Place asparagus in a serving bowl. Top with ham, onions and dressing. Serve with a slotted spoon.
3. Adjust your required measurements if on phase 1 of the ideal protein diet. I would recommend making the sauce as directed and store the extra for a later date or marinade chicken breast with left over sauce.