

### **Asparagus Mango Salad**

1 bunch asparagus  
1 tablespoon olive oil  
½ fresh ripe mango, diced  
2 slices red onion, diced  
3 slices cooked GF bacon, chopped  
Lemon Balsamic Dressing  
salt and pepper

Preheat the oven to 400° F. Line a cookie sheet with parchment.

Rinse and trim the asparagus. Place the spears one layer thick on the cookie sheet. Drizzle with a tablespoon of olive oil. Sprinkle with salt and freshly ground pepper.

Roast in the oven for 15 minutes until tender. Remove and cool.

Cut the cooled asparagus into 1-inch pieces. Add the diced mango, red onion, and cooked bacon pieces. Salt and pepper to taste. Dress with a few tablespoons of Lemon Balsamic Dressing.

Serves 4 (or 2 hungry) people.

### **Lemon Balsamic Dressing**

4 tablespoons olive oil (the good kind - first cold pressed)  
2 teaspoons freshly squeezed lemon juice  
2 teaspoons white balsamic vinegar  
salt and pepper

Pour the olive oil into a small bowl. Whisk the olive oil while adding in the lemon and then the vinegar. Finally, season with salt and pepper.