

Artichoke Asparagus Detox Salad

Servings: 2

Prep Time: 15 minutes

Cook Time: 5 minutes (blanching)

Ingredients:

- 1 cup marinated artichoke hearts, drained and halved
- 1 cup fresh asparagus, trimmed and cut into 2-inch pieces
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon Dijon mustard (optional)
- Salt and black pepper, to taste

- 1 tablespoon fresh parsley, chopped (optional)
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Instructions:

1. Bring a small pot of water to a boil. Blanch the asparagus for 2 minutes until bright green and tender-crisp. Drain and rinse with cold water.
 2. In a bowl, whisk together lemon juice, olive oil, Dijon mustard, salt, and pepper.
 3. In a serving bowl, combine asparagus and artichokes.
 4. Pour the dressing over the vegetables and toss gently.
 5. Garnish with fresh parsley and serve chilled or at room temperature.
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Benefits:

- **Artichoke** supports liver function and bile flow.
- **Asparagus** helps flush out toxins through the kidneys.
- **Lemon** and **olive oil** assist digestion and support antioxidant activity.
A light and refreshing detox salad perfect for cleansing and energizing the body.