



Wellnesssleuth **Recipes**

Enjoy your day with
delicious food

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BLANCHED ASPARAGUS

INGREDIENTS:

- ***Ingredients:***
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- ***asparagus spears***
- ***water***
- ***salt***
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- ***(optional) butter***

DIRECTIONS

- ***Instructions:***
- ***Fill a pot with as much water as you need to cover the asparagus spears. Add a pinch of salt, then bring the water to a boil.***
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- ***Gently add the asparagus spears to the boiling water. Cook for 2-3 minutes, or until they are bright green and just tender.***
- ***Remove the asparagus from the pot with a slotted spoon and place them in a bowl of ice water to cool.***
- ***Drain the asparagus and serve as desired. Enjoy!***



These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



**GRILLED
POLENTA
CROSTINI**

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



EGG ROLL BOWLS

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**