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## Artichokes, Asparagus, and Watercress Salad with Cumin Vinaigrette

Recipe courtesy Ingrid Hoffmann, 2008

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| <b>Prep Time:</b>          | 20 min | <b>Level:</b> | <b>Serves:</b>  |
| <b>Inactive Prep Time:</b> | --     | Easy          | 4 to 6 servings |
| <b>Cook Time:</b>          | 5 min  |               |                 |

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### Ingredients

- For the vinaigrette:
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon Dijon mustard
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
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- For the salad:
- 1 bunch asparagus, ends trimmed
- 1 cup fresh flat-leaf parsley, chopped
- 1 (12-ounce) can artichoke hearts in water, drained and halved
- 1 tomato, cored and chopped
- 1 bunch watercress, tough stems removed

### Directions

To prepare the dressing: In a small bowl, combine the vinegar, mustard, cumin, and sugar; season with salt and pepper. Whisk to blend. While whisking, slowly drizzle in the olive oil, mixing until the vinaigrette is emulsified. Set aside.

To prepare the salad: Fill a medium bowl with 2 cups of ice cubes and cover with cold water. Bring a pot of salted water to a boil over medium-high heat. Add the asparagus and blanch until tender but not mushy, about 3 minutes. Drain the asparagus in a colander and transfer to the ice water bath to stop the cooking. Drain again and place on a paper towel-lined plate to dry. Cut the asparagus stalks into thirds.

In a large mixing bowl, combine the blanched asparagus, parsley, artichokes, tomatoes, and watercress. Whisk the vinaigrette to combine and pour over the salad. Toss to coat and serve.

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8.5 x 11"



4 x 6"



3 x 5"

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