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COOKING WITH CATHY

Flat-Belly Salad

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INGREDIENTS

Serving Size: 2 generous cups

- 2 tbsp. cider vinegar
- 2 tsp. whole-grain mustard
- 1 tbsp. minced shallots
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup extra-virgin olive oil
- 8 cups mixed salad greens (~5 oz.)
- 1 (14 oz.) can artichoke hearts (rinsed and halved/quartered)
- 1 cup no-salt-added chickpeas (rinsed)
- 1 avocado (chopped)
- 2 hard-boiled eggs



DIRECTIONS

Combine vinegar, mustard, shallot, salt and pepper in a large bowl. Whisk in oil until combined. Add salad greens, artichokes, chickpeas and avocado. Grate the eggs through the large holes of a box grater into the bowl. Toss gently to combine.