



## Tomato Asparagus Salad with Creamy Dijon Cashew Dressing (No Oil!)

Some salads are side dishes. This one shows up with personality. Juicy tomatoes, crisp-tender asparagus, and sharp red onion come together under a rich, tangy, creamy Dijon dressing made without oil, dairy, or junk. This is real-food flavor—the kind that proves you don't need a bottle of processed dressing to make salad taste amazing.

Choose organic ingredients whenever possible.

### Creamy Dijon Cashew Dressing

#### Ingredients

- 1 cup cashew butter
- ½ cup water
- ½ cup vegetable broth
- 2 tbsp vinegar
- 2 tbsp fresh lemon juice + a hint of zest
- 4 tbsp dried minced onion
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp Dijon mustard
- 2 tbsp tamari
- 2 tbsp date syrup

#### Instructions

Add all ingredients to a food processor or blender. Blend until smooth and creamy. If you want a thinner consistency, add 1–2 more tablespoons of water or broth.

### Tomato Asparagus Salad

#### Ingredients

- 3 large tomatoes, sliced
- 1 bunch asparagus, trimmed and steamed
- ½ cup red onion, thinly sliced
- Salt & pepper to taste

#### Instructions

1. Steam asparagus until bright green and crisp-tender. Rinse under cold water to stop cooking.
2. Arrange sliced tomatoes and asparagus on a platter.

3. Add thinly sliced red onion over the top.
4. Add salt & pepper to taste
5. Drizzle with the Creamy Dijon Cashew Dressing.
6. Serve immediately or chill before serving.