

Quinoa Asparagus Salad

Adapted from Fresh Farm
Makes 4 servings

Ingredients

1 cup quinoa
1 ½ cups water
1 pound asparagus
1 tablespoon olive oil
6 radishes
2 tablespoons minced chives
2 teaspoons minced fresh tarragon
2 tablespoons toasted pumpkin seeds
1/4 cup feta cheese

For the Dressing

Zest of 1 lemon
2 tablespoons lemon juice
1 clove garlic
1 tablespoon olive oil
Salt and pepper to taste

Instructions

Place the quinoa in a fine mesh strainer and rinse several times with cold water. Place in a medium saucepan with 1 ½ cups water. Bring to a boil, cover, and simmer on low heat for 15 minutes, until the grains display a threadlike spiral and the water is absorbed. Remove from heat and let sit for at least 10 minutes undisturbed. Transfer to a bowl and fluff with a fork.

Trim off bottoms of asparagus. Sauté the asparagus in olive oil over medium heat until just tender. Cool, then cut into 1-inch pieces. Slice the radishes into thin rounds and mince the chives and tarragon. Add to the quinoa, along with the asparagus and pumpkin seeds.

For the dressing, zest lemon and mince garlic. In a small bowl, whisk together all the dressing ingredients. Toss with the quinoa mixture. Sprinkle feta cheese over the top and serve.



Photo credit: Garlic and Zest website