



Fresh Asparagus Salad

2 servings

15 minutes

Ingredients

- 1/4 cup Quinoa
- 1/2 cup Water
- 1 cup Asparagus (raw, about 4 stems)
- 1 cup Mixed Greens (finely chopped)
- 1/2 cup Parsley (or various fresh herbs, finely chopped)
- 3/4 cup Chickpeas (cooked)
- 1/4 cup Feta Cheese (omit for a dairy-free version)
- 2 ozs Pickled Red Onions
- 2 tbsps Lemon Zest
- 2 tbsps Lemon Juice
- 1 tbsp Raw Honey
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Fat	36g
Carbs	49g
Fiber	9g
Sugar	15g
Protein	14g

Directions

- 1 In a saucepan, combine the quinoa and water. Cook until all the water has been absorbed and the quinoa is tender. Add more water if needed.
- 2 While the quinoa is cooking, chop the asparagus into thin slices. Add the mixed fresh herbs, lettuce, chickpeas and mix well.
- 3 Once the quinoa is cooked, let cool. While it is cooling, prepare the vinaigrette. In a Mason jar, mix together the lemon zest, lemon juice, olive oil, honey and salt. Shake until all ingredients are well blended. Set aside.
- 4 Add quinoa to salad. Top with pickled onions and feta. Drizzle with vinaigrette. Mix well and enjoy!

Notes

To Make Picklet Onions: You can find an easy recipe here:
<https://homesteadandchill.com/pickled-red-onions/>

No Asparagus: Use blanched green beans instead.

Mixed Greens: Use a mix spinach, leaf lettuce and arugula (or whatever you have on hand).

Fresh Herbs: Use a mix of dill, parsley, basil, mint, thyme or whatever you have on hand.