

Quinoa Salad

Serves: 4

Procedure

Bring quinoa and 2 cups water to a boil. Cook quinoa in a slow low simmer until water is absorbed and quinoa is tender.

Cool.

Blanch asparagus and cut into 1" pieces. Dice red bell pepper. Using a mandolin, shave radishes and carrots thin. Julienne the bell pepper.

Combine quinoa, asparagus, bell pepper in a large bowl.

Mix together the olive oil, balsamic vinegar and lemon juice. Pour over the quinoa mixture, reserving 2 tbsp. Toss gently to coat. Add salt to taste. Place portion on plate.

In a separate bowl mix arugula, shaved carrots, radishes, and bell pepper. Toss with the remaining vinaigrette and salt and pepper to taste. Top the dressed arugula over the top of the quinoa mixture.

Serve.

Ingredients

- 1 cup quinoa
- 1 bunch asparagus
- 10 shaved radishes
- 3 shaved medium carrots
- 1 avocado, thinly sliced
- 1 medium red bell pepper
- ½ cup feta cheese crumbles
- ½ cup sliced marinated olives
- 1 cup chickpeas
- 4oz arugula
- 3 tbsp olive oil
- 2 tbsp aged Balsamic
- ½ lemon, juiced

Tools

Mandoline