

Quinoa Asparagus Salad

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: saucepot, mixing bowl, spoon, knife, cutting board

Makes: 6

Ingredients:

- 2 bunches of Asparagus (trimmed of their fibrous stalks)
- 2 cups of cooked quinoa or farro
- 1 cup of white beans (I am using cannellini beans)
- ½ cup of goat cheese
- 2-3 hard boiled eggs
- 2 garlic cloves, minced
- ½ a shallot, minced (optional)
- 2 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp champagne or white wine vinegar
- Salt and pepper to taste

Directions:

1. Cook asparagus in a method you prefer: I grilled mine, you can easily broil, roast, saute or even add chopped asparagus to the cooking grains as its on its last 5 minutes.
2. Cook Quinoa or your preferred grain.
3. While everything is cooking, break down your other ingredients: garlic, shallots or sweet onions. Chop your cooked asparagus into 1-2 inch segments, and break apart the hard boiled eggs loosely.
4. In a large mixing bowl, combine your cooked grain, either chilled or warm would be delicious as well. Add your chopped asparagus, the white beans, goat cheese, roughly broken up hard boiled eggs, shallots and garlic.
5. Add the oil, lemon juice and vinegar. Taste and season accordingly.

Nutrition Information (per 1 cup):

Calories: 236 Fat: 10.4 g Carbs: 24.8 g Protein: 11.5 g Fiber: 5.4 g Sodium: 150 mg

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