



Quinoa Asparagus and Feta Salad

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

35 mins

Description

A perfect spring summer or anytime salad Loaded with protein and fiber but so delicious you would never guess how healthy it is If you are making the salad ahead of time add the dressing just before serving to keep the asparagus an attractive bright green Leftovers keep well for a couple of days

Ingredients

- - 1 ½ cups water - ¾ cup quinoa - ¼ teaspoon salt - 1 bunch fresh asparagus
- trimmed and cut into 1 1/2-inch pieces - 4 ounces crumbled feta cheese - ½ cup toasted slivered almonds - 2 green onions
- thinly sliced
- or to taste - 2 tablespoons chopped fresh parsley - 1 teaspoon chopped fresh thyme - 1 lemon
- zested - ¼ cup lemon juice - 2 tablespoons olive oil - 1 tablespoon honey - 1 clove garlic
- minced - 1 ½ teaspoons Dijon mustard - freshly ground black pepper to taste

Instructions

1. Pour water into a saucepan and bring to a boil; add quinoa and salt
2. stir
3. cover saucepan with a lid
4. and reduce heat to low. Simmer mixture until quinoa is tender
5. 10 to 15 minutes. Remove saucepan from heat
6. let quinoa rest for 5 minutes
7. and transfer quinoa to a bowl to cool. Bring a large pot of lightly salted water to a boil. Add asparagus and cook uncovered until tender but still crisp
8. 2 to 3 minutes; drain in a colander and immediately immerse asparagus in ice water for several minutes until cold to stop the cooking process. Drain. Stir asparagus
9. feta cheese
10. almonds
11. green onions
12. parsley
13. thyme
14. and lemon zest into quinoa. Whisk lemon juice
15. olive oil
16. honey
17. garlic
18. Dijon mustard
19. and black pepper together in a bowl until dressing is smooth. Pour dressing over quinoa mixture and stir gently to combine.