

salad

healthy
&
delicious

quinoa
asparagus
salad

ingredients

dressing

¼ cup red wine vinegar
1 tablespoon honey
1 tablespoon mustard
½ cup olive oil
kosher salt
freshly ground black pepper

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4 cups salted water or vegetable stock
2 teaspoons chopped fresh thyme
2 cups quinoa
16 spears asparagus, trimmed
Olive oil, for brushing
1 cup pitted nicoise olives
4 ounces aged goat cheese, shaved
¼ cup chopped fresh basil
¼ cup fresh parsley leaves

dressing

Combine the vinegar, honey and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Add salt and pepper to taste and pulse a few times to incorporate.

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Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.

Preheat the grill. Brush the asparagus with olive oil and season with salt and pepper. Grill on all sides until just cooked through, about 5 minutes. Remove from the grill and cut into ½ inch pieces.

Transfer the quinoa to a large bowl, fold in the asparagus, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.

preparations