

A Sutherland Belle

Asparagus & Chickpea Quinoa Salad

INGREDIENTS

For the Lemon Vinaigrette

- 1/4 cup freshly squeezed lemon juice
- 1/4 cup extra virgin olive oil
- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- Kosher salt and black pepper, to taste

For the Salad

- 2 cups water
- 1 cup quinoa
- 1/2 teaspoon salt
- 2 teaspoons olive oil
- 1 large bunch of asparagus, about 15 spears, cut into 1-inch pieces
- 1 tablespoon fresh lemon juice
- 1 1/2 cups chickpeas, rinsed and drained, 15 oz can
- 3 green onions, sliced
- 1/3 cup fresh dill
- 1/3 cup crumbled feta cheese
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. In a small bowl or medium jar, combine the lemon juice, olive oil, mustard, and garlic. Whisk to combine or shake with the jar lid on tight. Season with salt and pepper, to taste, and set aside.
2. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
3. While the quinoa is cooking, cook the asparagus. In a large skillet, heat the olive oil over medium heat. Add the asparagus and fresh lemon juice. Cook until tender, about 5 minutes.
4. In a large bowl, combine quinoa, asparagus, chickpeas, green onion, and feta cheese. Pour the dressing over the salad and stir until well-coated. Season with salt and pepper, to taste.