

# QUINOA & ASPARAGUS SALAD

*from The New York Times*

## INGREDIENTS

for the salad:

1 cup uncooked quinoa

1 ½ cups of water

salt

1 pound asparagus, ends trimmed

6 radishes, chopped

2 tablespoons toasted pumpkin  
seeds

2 tablespoons chopped chives or  
scallions

2 teaspoons chopped fresh  
tarragon

for the dressing:

zest of 1 lemon

2 tablespoons freshly squeezed  
lemon juice

1 small garlic clove, grated or  
minced

2 tablespoons olive oil (1 for  
cooking asparagus, 1 for dressing)

salt to taste

freshly ground black pepper

1 ounce (about ¼ cup) feta cheese,  
crumbled

## METHOD

Place the quinoa in a fine mesh strainer and rinse several times with cold water.

Place in a medium saucepan with 1 ½ cups water and salt to taste.

Bring to a boil, cover and simmer 15 minutes, until the grains display a threadlike spiral and the water is absorbed. Remove from the heat, let sit for at least 10 minutes undisturbed.

Transfer to a bowl and fluff with a fork.

Sauté the asparagus in 1 tablespoon olive oil until just tender.

Drain, cool, then cut into 1-inch pieces. Add to the quinoa, along with the radishes, pumpkin seeds, chives, and tarragon.

Whisk together the lemon zest and juice, garlic, salt, olive oil, and pepper.

Shortly before serving, toss with the quinoa and asparagus mixture.

Sprinkle the feta over the top and serve.