

## Asparagus and Shiitake Mushroom Teriyaki Quinoa Salad

READY IN



45 min.

SERVINGS



2

### Directions

- ☐ Simmer the quinoa in the water until the water is absorbed, about 20 minutes.
- ☐ Heat the oil in a pan.
- ☐ Add the shiitake mushrooms and saute for a few minutes.
- ☐ Add the teriyaki sauce until it is absorbed, about 1-3 minutes.
- ☐ Add the sesame oil and remove from heat and let cool a bit.
- ☐ Mix everything and serve.

### Nutrition Facts



PROTEIN 0%

FAT 0%

CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)