



Quinoa and Asparagus Salad with Mimosa Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus ends trimmed
- ☐ 10 servings pepper black freshly ground
- ☐ 2 large eggs
- ☐ 1 cup flat-leaf parsley leaves
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 2 teaspoons mild honey

- ☐ 10 servings kosher fine
- ☐ 4 tablespoons juice of lemon fresh to taste
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 8 ounces quinoa
- ☐ 5 scallions trimmed
- ☐ 2.5 cups water

Equipment

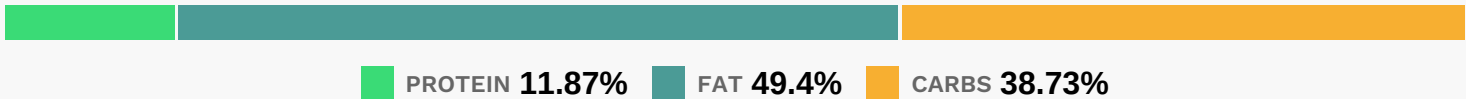
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ziploc bags
- ☐ peeler
- ☐ box grater
- ☐ microplane

Directions

- ☐ Put eggs in a small saucepan and cover with cold water. Bring to a boil, then cover pan, and remove from heat.
- ☐ Let eggs stand, covered, 15 minutes, then drain, and transfer to a bowl of ice water to cool completely.
- ☐ Remove shells and finely grate eggs with a Microplane or the fine holes of box grater into a small bowl. Set aside.
- ☐ Rinse quinoa well in a large fine-mesh sieve under cold running water. Set sieve over a bowl and let quinoa drain well for at least 5 minutes. Bring 2 1/2 cups water to a boil with 1/2 teaspoon salt (kosher or fine) in a 3-quart saucepan.

- ☐ Add quinoa and simmer, covered, until water is absorbed and quinoa is tender, 16 to 20 minutes.
- ☐ Remove pan from heat and let quinoa stand, covered, 5 minutes. Spoon quinoa onto a large rimmed baking sheet, spreading it in a single layer, and let it cool to room temperature.
- ☐ Cut scallions into 2-inch pieces. Halve each piece lengthwise, then slice lengthwise into thin strips (julienne).
- ☐ Transfer to a large bowl.
- ☐ Using vegetable peeler, peel lengthwise strips from asparagus, beginning at bottom end, and add to scallion. Once you can't peel any more slices from a stalk, break off the thick end (reserving it for another use, such as soup) and add the remaining thin strip to bowl with scallions.
- ☐ Whisk together lemon juice with honey and 3/4 teaspoon kosher (1/2 teaspoon fine) salt until smooth.
- ☐ Add oil in a steady stream, whisking until combined. Taste and adjust seasoning, if desired, then whisk in grated eggs.
- ☐ Transfer quinoa to another large bowl and toss with herbs and 1/2 cup vinaigrette, or to taste. Toss asparagus with 3 tablespoons vinaigrette and salt and pepper to taste.
- ☐ Spoon quinoa onto salad plates, and top with a tangle of asparagus and scallion.
- ☐ Serve remaining vinaigrette on the side, or save, chilled, for another salad.
- ☐ •Quinoa and eggs can be cooked up to 1 day ahead.
- ☐ Let cool as directed, then chill in separate containers. •Herbs can be kept between slightly dampened towels in resealable plastic bags, 1 day ahead. •Asparagus and scallion can be cut prepped and kept between slightly dampened towels in resealable plastic bags, 1 day ahead. •Vinaigrette (without eggs) can be made up to 3 hours ahead. Stir in grated egg just before dressing salad.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:15.468260790991%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 13.06mg, Apigenin: 13.06mg, Apigenin: 13.06mg, Apigenin: 13.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 192.75kcal (9.64%), Fat: 10.88g (16.74%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.06g (5.84%), Sugar: 2.39g (2.65%), Cholesterol: 37.2mg (12.4%), Sodium: 218.68mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Vitamin K: 137.42µg (130.88%), Manganese: 0.6mg (29.99%), Vitamin A: 1115.82IU (22.32%), Folate: 87.28µg (21.82%), Vitamin C: 14.91mg (18.07%), Vitamin E: 2.49mg (16.59%), Iron: 2.84mg (15.78%), Phosphorus: 155.45mg (15.55%), Magnesium: 59.59mg (14.9%), Copper: 0.26mg (13.11%), Fiber: 3.14g (12.57%), Vitamin B2: 0.2mg (11.84%), Vitamin B1: 0.16mg (10.86%), Vitamin B6: 0.19mg (9.26%), Potassium: 308.24mg (8.81%), Selenium: 6.11µg (8.73%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.5mg (5.04%), Calcium: 48.61mg (4.86%), Vitamin B3: 0.96mg (4.81%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)