

Curried Asparagus Quinoa Salad

Featuring Quinoa

Serves 4-6

Ingredients

1 cup uncooked quinoa
1 1/2 cups water
1 tablespoon olive oil or vegetable oil
1 small chopped onion (about 1/2 c)
2 garlic cloves, minced
1 tablespoon grated fresh ginger
1/2 teaspoon ground cumin
1/2 teaspoon grains of paradise, ground or
1/4 teaspoon pepper, ground
1 bunch asparagus
1 cup frozen peas or fresh peas
1/2 cup extra virgin olive oil
1/4 cup white wine vinegar
1 tablespoon lemon juice
2 tablespoons mango chutney
2 teaspoons sugar
2 teaspoons curry powder (adjust to taste preference)
1 teaspoon dry mustard, ground



The edible part of quinoa is actually the seed. Quinoa is related to beets, spinach, and tumbleweeds! It is considered an ancient grain because the Incas in South America grew it thousands of years ago. It is also considered a super food because it is a complete protein.

Directions

1. Soak the quinoa in enough water to cover for at least 15 minutes. drain and rinse well several times.
2. Bring 1 1/2 cups of water to boil; add quinoa, cover, reduce heat to low, and cook for 20 minutes or until quinoa is cooked and water is absorbed.
3. Meanwhile, prepare salad mix. Trim woody ends from asparagus, and chop into 1 inch pieces.
4. If using frozen peas, rinse in a colander under cool water to thaw.
5. In a large skillet heat 1 tablespoon of olive or vegetable oil over medium high heat.
6. Add chopped onion and garlic, and saute until onion is soft and translucent.
7. Add ginger, cumin, and grains of paradise or pepper and stir to mix.
8. Add asparagus and peas to skillet and cook until veggies are just done, but still crisp and bright in color.
9. Add cooked quinoa to the salad mixture in the skillet.
10. Prepare dressing. Combine extra virgin olive oil, vinegar, lemon juice, chutney, sugar, curry powder, and mustard in a jar and shake until mixed.
11. Pour dressing over contents of skillet and mix well to combine.
12. Refrigerate for a few hours to let flavors marry and develop.