



**BeFit**

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## **Asparagus Chickpea Quinoa Salad with Lemon Vinaigrette**

Adapted from [Two Peas & Their Pod](#)

### *For the lemon vinaigrette*

¼ cup lemon juice  
½ cup olive oil  
2½ teaspoons Dijon mustard  
Kosher salt and black pepper, to taste

### *For the salad*

1 cup uncooked quinoa, rinsed and drained  
1 bunch asparagus (15 to 20 spears), cut into 1-inch pieces  
1 tablespoon olive oil  
1 (14-ounce) can chickpeas, rinsed and drained  
3 large handfuls of arugula  
2 scallions, thinly sliced  
½ cup crumbled feta cheese

### **Instructions:**

#### *To make the vinaigrette:*

Place all ingredients in a small jar with a lid and shake until thoroughly combined (or whisk together in a small bowl). Taste vinaigrette; add salt and pepper as needed.

#### *To make the salad:*

In a medium saucepan over medium heat, combine the quinoa with 2 cups of water. Bring to a boil, then cover and lower the heat to a simmer. Cook for 15 minutes or until the quinoa is tender. Let sit for 5 minutes then fluff with a fork. (If your quinoa still has water in it simply strain it out.) Set aside until ready to assemble the salad.

While the quinoa is cooking, sauté asparagus in olive oil in a medium skillet over medium heat until cooked through, about 7 minutes.

#### *To assemble the salad:*

Combine the cooked quinoa with asparagus, chickpeas, arugula, and scallions. Top with vinaigrette and feta cheese.

### **Notes:**

- Leftovers work well for a quick lunch—just keep the dressing separate and add before eating, so the greens don't wilt.
- Add a hard-boiled egg to further increase the protein in this recipe.

**Yield:** 6 servings



### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 390 calories

**PROTEIN:** 10 g

**SODIUM:** 240 mg

**CARBOHYDRATE:** 31 g

**FIBER:** 7 g

**FAT:** 26 g

**SAT FAT:** 5 g