

ASPARAGUS CHICKPEA SALAD

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

Ingredients

For the lemon vinaigrette

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

For the salad

- 1 cup uncooked quinoa
- 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 arugula
- 2 scallions, thinly sliced
- ½ cup crumbled feta

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.

Yield: 6 servings



NUTRITION FACTS PER SERVING

CALORIES: 390

PROTEIN: 10 grams

SODIUM: 240 milligrams

CARBOHYDRATE: 31 grams

FIBER: 7 grams

FAT: 26 grams

SATURATED FAT: 5 grams