

## Quinoa Asparagus Salad with Lemon Caper Dressing



### Makes:

10 - 12 servings

### Utensil:

Saladmaster Food Processor  
3 Qt./2.8 L Sauce Pan with Cover  
3 Qt./2.8 L Perforated Basket  
Mega Skillet Limited Edition  
large mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

A light vegetarian and gluten free entrée or serve as a side salad.

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Salad

3 cups  
quinoa, red or ivory, washed and well drained  
(510 g)  
4½ cups  
vegetable stock or water  
(1.1 L)  
1 teaspoon  
thyme, dried  
(1 g)  
1 teaspoon  
salt  
(6 g)  
1 teaspoon  
turmeric  
(2 g)  
1½ pounds  
(2 bunches) fresh asparagus, trimmed and cut on diagonal  
in 1-inch pieces  
(680 g)

1 medium  
red onion, strung, use Cone #2  
4 stalks  
celery, trimmed and sliced thinly on diagonal  
1 cup  
fresh parsley leaves, chopped  
(60  
g)  
½ cup  
feta cheese, crumbled (optional)  
(75  
g)

### Dressing

½  
cup olive oil (120 mL) ½  
cup lemon juice, (120 mL) 1  
fresh 3  
tablespoon Dijon mustard (16 g) cloves garlic, minced 2  
tablespoons capers, rinsed and (17 g) 1  
chopped

cup fresh parsley leaves, (60 g)  
chopped

salt and fresh ground pepper to  
taste

### Directions:

1. Preheat Mega Skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 - 7 minutes, add quinoa. Toast for approximately 5 - 8 minutes, stirring occasionally. Quinoa will get dry and smell nutty.
2. Pour vegetable stock or water into skillet. Add thyme, salt and turmeric. Stir to combine, cover and cook. When Vapo-Valve™ begins to click, reduce heat to low and cook for 20 minutes or until liquid is evaporated.
3. Turn off heat and let rest for 10 minutes with the cover on.
4. Place fresh asparagus in sauce pan; cover and place on stove top with temperature set on medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook for 4 - 6 minutes or until asparagus is tender. Rinse asparagus with cold water to stop cooking.
5. For the dressing, place all of the ingredients into a jar. Cover jar tightly with lid and shake vigorously to combine.
6. When quinoa is done cooking, transfer to a large bowl. Add asparagus, red onion, celery and parsley, stir to combine. Pour dressing over quinoa salad right before serving, taste and adjust seasonings as needed.
7. Serve chilled with a sprinkling of feta cheese on top, if desired.

### Tips:

- Substitute asparagus for fresh green beans.
- Add in halved cherry or grape tomatoes.
- Grain salads absorb a lot of dressing. Tossing dressing with salad right before serving gives salad the freshest flavor and helps it to remain moist.

### Nutritional Information per

#### ▼ Serving

**Calories:** 268  
**Total Fat:** 12g  
**Saturated Fat:** 2g  
**Cholesterol:** 0mg  
**Sodium:** 820mg  
**Total** 34g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 2g

**Protein:** 8g

Analysis based on 12 servings and excluding feta cheese

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