



Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Serves: 4

Ingredients:

- 2 cups fresh asparagus, large spears, cut into 1" pieces
- ½ yellow or red bell pepper, cut into ½" pieces
- 1 clove garlic, minced
- 1 14 oz can quartered artichoke hearts, drained
- 12 oz fresh or frozen jumbo or large raw shrimp, peeled and deveined
- 1½ cups dry quinoa, cooked according to directions



Lemon Vinaigrette, divided

- 3 tbsp fresh or bottled lemon juice
- 1 tsp grated lemon peel (optional)
- 3 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp dried thyme leaves
- ½ tsp ground black pepper

Directions:

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.





Nutrition Facts: Calories, 460; Calories from fat, 140; Total fat, 16g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 115mg; Sodium, 420mg; Total Carbohydrate, 51g; Fiber, 7g; Protein, 29g; Vit. A, 15%; Vit. C, 90%; Calcium, 10%; Iron, 35%.

Source: www.choosemyplate.gov



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