

Quinoa and Pomegranate Salad with Asparagus and Walnuts

From the American Institute for Cancer Research:

<http://www.aicr.org/enews/april-2013/enews-divine-asparagus-salad.html>

Ingredients

- 2/3 cups quinoa (= about 2 cups cooked)
- 2/3 lb. asparagus
- 1 cup shredded carrots
- 1 cup chopped parsley
- ½ cup finely chopped mint leaves
- ½ cup finely chopped dill
- ¼ cup finely chopped walnuts
- 2 Tbs. olive oil
- ½ cup lemon juice from meyer lemons (or ¼ cup lemon juice + ¼ cup orange juice)
- ½ tsp. salt, or to taste
- Black pepper, to taste
- 1 cup pomegranate seeds, divided (use 1 large pomegranate)
- Optional: ½ cup chopped cilantro
- Optional: ½ cup chopped scallions, green part only

Instructions

1. Cook quinoa according to package directions. Drain and cool.
2. Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into ¼-inch pieces.
3. In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions, if using.
4. In a separate bowl, mix oil, lemon juice, salt, and pepper. Toss with quinoa mixture. Add ¾ cup pomegranate seeds.
5. Serve as is for buffet or spoon individual servings over 1 cup mixed greens of your choice. Garnish with remaining pomegranate seeds.

Makes 8 servings

Nutrition information per serving:

Calories	145
Carbohydrate	20 g
Dietary Fiber	3 g
Protein	4 g
Total Fat	7 g
Sodium	165 mg

