

Quinoa Salad with Asparagus, Goat Cheese and Black Olives

Recipe courtesy Bobby Flay



Prep Time: 10 min **Level:** Easy **Serves:** 4 to 6 servings
Inactive Prep Time: 5 min
Cook Time: 40 min



Ingredients

Vinaigrette:

1/4 cup red wine vinegar
1 tablespoon honey
1 tablespoon mustard
1/2 cup olive oil
Kosher salt and freshly ground black pepper

Quinoa Salad:

4 cups salted water or vegetable stock
2 teaspoons chopped fresh thyme
2 cups quinoa
16 spears asparagus, trimmed
Olive oil, for brushing
Kosher salt and freshly ground black pepper
1 cup pitted nicoise olives
4 ounces aged goat cheese, shaved
1/4 cup chopped fresh basil
1/4 cup fresh parsley leaves

Directions

For the vinaigrette: Combine the vinegar, honey and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Add salt and pepper to taste and pulse a few times to incorporate.

For the quinoa salad: Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.

Preheat the grill. Brush the asparagus with olive oil and season with salt and pepper. Grill on all sides until just cooked through, about 5 minutes. Remove from the grill and cut into 1/2-inch pieces.

Transfer the quinoa to a large bowl, fold in the asparagus, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.

Serves: 6; Calories: 477; Total Fat: 29 grams; Saturated Fat: 6 grams; Protein: 13 grams; Total carbohydrates: 43 grams; Sugar: 6 grams; Fiber: 5 grams; Cholesterol: 9 milligrams; Sodium: 446 milligrams