



Quinoa Salad with Spring Vegetables and Buttermilk Dressing

Ingredients:

!Salad

1 cup quinoa

1 ½ cup water

salt and pepper to taste

1 pound asparagus, rinsed, patted dry and ends trimmed

6 radishes, washed, trimmed and sliced thin

2 Tb. toasted pine nuts

2 tsp fresh tarragon, finely chopped

1 ounce crumbled feta or goat cheese

!Buttermilk Dressing

2 TB. fresh lemon juice

1 small clove garlic, peeled and minced

salt and pepper

1 Tb. olive oil

6 Tb. buttermilk

Directions:

!Salad

Rinse quinoa in a fine strainer and combine with water in pan on stovetop. Bring to a boil, reduce heat and cover.

Simmer 15 minutes or until water is absorbed. Stir once, uncover and set aside to cool.

Steam asparagus until just barely tender- 2-3 minutes.

Plunge into ice bath to stop them from cooking. Pat dry and cut on the diagonal, into ½ pieces.

In a large bowl, combine cooked quinoa and all other ingredients. Toss gently and set aside while you make the dressing.

!Dressing

Place all ingredients in a mini-processor, Magic Bullet or whisk quickly by hand. Dressing should be creamy. Taste and adjust salt and pepper.

!Combine

Dress salad when ready to serve. Drizzle with extra olive oil if you prefer it more moist.