

Grilled Asparagus and Shrimp Quinoa Salad

April 2021



Makes: 4 servings

Ingredients

2 cups fresh asparagus (cut into 1-inch pieces)
½ yellow or red bell pepper
(cut into ½-inch pieces)
1 clove garlic (minced)
1 14-ounce can artichoke hearts
(drained and quartered)
12 ounces fresh or frozen large raw shrimp
(peeled and deveined)
1 ½ cups dry quinoa
(cooked according to package directions)
1 tsp. lemon peel (grated)
3 Tbsp. lemon juice
3 Tbsp. olive oil
1 tsp. Dijon mustard
½ tsp. dried thyme leaves
½ tsp. ground black pepper

Nutritional information for 1 serving

Calories	460
Total fat	16 g
Saturated fat	2 g
Cholesterol	115 mg
Sodium	420 mg
Total carbohydrate	51 g
Dietary fiber	7 g
Total sugars	6 g
Added sugars included	0 g
Protein	29 g

Directions

1. Make a vinaigrette by whisking together lemon peel, lemon juice, olive oil, Dijon mustard, thyme leaves and black pepper. Set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl, add about of the vinaigrette (about 3 Tbsp.) and toss to coat.
5. Spread shrimp-vegetable mixture over a hot grilling tray.
6. Grill, turning shrimp and vegetables until the flesh of the shrimp is opaque in color, about 5-6 minutes.
7. Remove from grill.
8. Serve grilled shrimp and vegetables over cooked quinoa and drizzle with vinaigrette.