

# Cherry Tomato, Quinoa and Asparagus Salad

## **Prep time:**

10 minutes

## **Yields:**

4 servings

## **Ingredients:**

- 2 cup quinoa, cooked
- 1 bunch asparagus, cut into pieces (trim off ends first)
- 1 cup cherry tomatoes, sliced in half

For the dressing:

- 1 Tbsp lemon juice
- 1/4 tsp lemon zest
- 1 tsp maple syrup
- 3 Tbsp extra virgin olive oil
- 1 - 2 Tbsp basil chiffonade, plus extra for garnish
- Salt and pepper to taste

## **Directions:**

Bring a pot of water to a boil, and add a few tablespoons of salt. Cook the asparagus for about 3 minutes or until tender - the time will vary depending on how thick the asparagus are. Then immediately plunge the asparagus into a bowl of ice water to stop the cooking process.

In a mixing bowl, whisk together the lemon juice, zest, maple syrup, salt and pepper. Slowly whisk in the olive oil. Mix in the basil. Stir in quinoa and mix well. Add the asparagus and cherry tomatoes and toss to combine. Serve, garnished with fresh basil.

Chef Mat Shalenko  
June Health and Wellness