ANCIENT GRAIN SALAD

INGREDIENTS:

1 CUP	COOKED QUINOA
¾ CUP	CORN KERNELS, GRILLED OR ROASTED
¾ CUP	ASPARAGUS, GRILLED OR ROASTED, CUT TO ½ "
¾ CUP	CHERRY TOMATOES, QUARTERED
3 OUNCES	BABY ARUGULA OR SPINACH

CITRUS VINAIGRETTE (9 TBSP)

FRESH LEMON JUICE	2 TABLESPOONS
FRESH LIME JUICE	2 TABLESPOONS
WHITE BALSAMIC VINEGAR	1 TABLESPOONS
EXTRA VIRGIN OLIVE OIL	1 TABLESPOONS
DIJON MUSTARD	2 TABLESPOONS
LEMON ZEST	½ TABLESPOON
LIME ZEST	½ TABLESPOON
ORANGE ZEST	½ TABLESPOON

METHOD:

- Place all vinaigrette ingredients in a blender and blend until smooth.
- To assemble the salad, mix quinoa, corn, asparagus and tomatoes in large mixing bowl with 6 tablespoons of citrus vinaigrette.
- To serve, use ½ ounce of arugula for each plate and spread out to make a bed, use a portion scoop to place ½ cup of salad on the arugula.

Serves: 6
Serving Size: ½ cup
Calories: 80
Fat: 3 gm **Sodium:** 55 mg **Carbohydrates:** 13 gm **Protein:** 3 gm **Fiber:** 2 gm