Lemony Spring Greens and Quinoa Salad

From the Healthy Kitchen of http://www.Melissanordin.com



Time to Prepare: 30 minutes



Cook Time: 20 minutes



Serving: 4 People

Ingredients

3 cups chopped spring greens

¹/₃ cup Yellow Split Peas or lentils

½ cup Quinoa

1/4 cup Chopped Cucumber

½ cup fresh chopped tomatoes

4 artichoke hearts from the jar

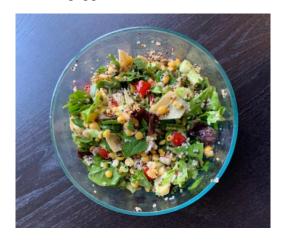
½ lemon (for zest and juice)

2 tbsp olive oil

1 tsp honey

1 tsp dried or fresh Parsley

Salt and pepper to taste



Cooking Method

- Rinse the quinoa well in a fine wire mesh sieve. Place in a pot with 1 cup of water. Place a lid on the pot, turn the heat on to high, and allow the water to come to a boil. Then simmer for 15 minutes (lid on). Fluff with fork and place in refrigerator to cool
- Rinse the Yellow peas. Boil 1 cup of water, add peas, bring back to a boil. Cover and simmer for 20 minutes. Rinse with cold water when done and place in the refrigerator to cool
- 3. While peas and quinoa are cooking, zest the lemon, then squeeze the juice. Add lemon juice and zest to a bowl or jar along with the olive oil, salt, pepper, and honey. Whisk the ingredients together or close the jar and shake until they are combined. Set the dressing aside.
- 4. Chop the tomatoes and cucumber. Toss together with chilled peas and parsley in larger bowl.
- Chop spring greens and artichoke hearts to smaller pieces. Toss with salad ingredients slowly, careful not to mash any peas
- 6. Add cooled quinoa and lemon dressing. Toss carefully. Chill and serve

This colorful salad is wonderful for a light lunch or as a perfect complement to an al Fresco dinner.

Points to Remember

Get creative and resourceful. Empty the fridge with whatever is available: sweet potatoes, green beans, squash Additional protein options: Nuts, feta cheese, shredded parmesan cheese, grilled salmon, grilled chicken, etc.

Nutritional Value

Amount per serving Calories	238
%	Daily Value'
Total Fat 8.6g	11%
Saturated Fat 1.2g	6%
Cholesterol 0mg	0%
Sodium 132mg	6%
Total Carbohydrate 31.5g	11%
Dietary Fiber 8g	28%
Total Sugars 4.7g	
Protein 10.2g	
Vitamin D 0mcg	0%
Calcium 143mg	11%
Iron 4mg	19%
Potassium 356mg	8%