

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
1/2 cup Quinoa
1/4 cup Chopped Cucumber
1/2 cup fresh chopped tomatoes
4 artichoke hearts from the jar
1/2 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

1. 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
2. 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.
5. 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

Nutrition Facts

Servings: 4

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%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*