

## Asparagus Quinoa Salad



### Ingredients:

Tri-color quinoa

1 cup Cannellini beans

1 pound thin asparagus, chopped in 1 inch pieces, and blanched

½ cup almonds, chopped

2 tablespoons black sesame seeds, toasted

### Dressing

1 tablespoon lemon juice, fresh

¼ teaspoon lemon zest

1 tablespoon coconut aminos

1 tablespoon rice vinegar

½ teaspoon grated ginger

½ tablespoon pure maple syrup (optional)

¼ cup cooked chickpeas, rinsed and drained

1 teaspoon sesame seeds

¼ cup cilantro, chopped

**Directions:**

Combine quinoa and water, bring to a boil, cover, simmer 12-15 minutes on low, then cool. This can be made a day ahead.

Combine cooled quinoa with almonds, sesame seeds, and chopped asparagus. Blend dressing until smooth and mix desired amount into salad. Refrigerate overnight to marinate and serve cold.