

Recipe from FormerChef.com

Spring Quinoa Salad with Shrimp, Asparagus and Corn

2 cups water
1 cup red quinoa

1/2 lb asparagus
1 ear fresh corn
1/2 red bell pepper
1/2 cucumber (about 5 oz)

12 oz U31-40 shrimp, cooked and peeled (about 25 pcs.)

Herb Lime Vinaigrette Recipe

2 oz fresh lime juice (about 2 fresh limes)
1 shallot, minced
4 oz extra virgin olive oil
2 Tbsp chopped fresh mint
2 Tbsp chopped fresh oregano
2 tbsp chopped fresh parsley
salt and pepper to taste

1. Rinse and drain the quinoa in a fine mesh strainer. Combine the 2 cups of water and the quinoa in a 2 qt. sauce pot and bring to a boil. Cover, reduce the heat to low and cook until all the water is absorbed, about 15 minutes. The grain should be soft and the germ should be visible. Spread out on a baking sheet to cool.
2. To cook the asparagus and corn, bring a large pot of water to a boil. Cut off the tough ends of the asparagus (cut about 2 " off the bottom of the spear). Have a large bowl of ice water ready. Cook the asparagus spears in the boiling water for 2-3 minutes and then using tongs or a slotted spoon, remove them from the water and plunge them into the ice water to stop them from cooking. You want the asparagus to be tender-crisp. In the same boiling water cook the ear of corn for 5 minutes and then put it in the ice water too.
3. Cut the asparagus on the bias into 2" pieces. Cut the corn off the cob and separate the kernels. Cut the red bell pepper into julienned strips, about 1/4"x2". Peel the cucumber, cut into 2" sections and then into 1/4" strips.
4. Juice the limes, mince the shallot, and chop the herbs. Whisk together the lime juice, shallots and olive oil. Add the fresh herbs and season with salt and pepper.
5. Put the quinoa, vegetables, and shrimp into a large bowl. Add all of the dressing and combine. Taste, check for seasoning and adjust as needed.

Recipe from FormerChef.com

Notes:

*You can use any herbs you like. I had the mint, oregano and parsley growing in my garden so that's what I used. I really like the "freshness" that the mint adds to the dish. It always makes me think "Spring" so if I had to pick the most important, it would be the mint.

* If you let this dish sit over night the vinaigrette will absorb into the quinoa. While it will taste great, it may be a little dry and you can freshen it up by adding a bit more olive oil and a squeeze more fresh lime juice.

* This salad can easily be vegan by omitting the shrimp. Without the shrimp it makes a wonderful side salad or even vegetarian main course.