

# Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Rating: ★★★★★

Prep time: 45 minutes

Makes: 4 Servings

Grilling brings out the flavor in fresh vegetables like asparagus. Add shrimp, quinoa, and refreshing lemon vinaigrette, and you have a delicious and quick spring or summer salad.

## Ingredients

**2 cups** fresh asparagus, large spears (cut into 1" pieces)  
**1/2** yellow or red bell pepper (cut into 1/2" pieces)  
**1 clove** garlic (minced)  
**1** 14 oz can quartered artichoke hearts (drained)  
**12 ounces** fresh or frozen large raw shrimp (peeled and deveined)  
**1 1/2 cups** dry quinoa (cooked according to package directions)

For the Lemon Vinaigrette:

**1 teaspoon** grated lemon peel (optional)  
**3 tablespoons** fresh or bottled lemon juice  
**3 tablespoons** olive oil  
**1 teaspoon** Dijon mustard  
**1/2 teaspoon** dried thyme leaves  
**1/2 teaspoon** ground black pepper

## Directions



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	33 g	
Carbohydrates	52 g	17%
Dietary Fiber	7 g	28%
Saturated Fat	NA	
Sodium	570 mg	24%

## MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	2 1/2 ounces
Protein Foods	2 ounces

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.

## Notes

Serving Suggestions: Serve with non fat-milk and grapes.

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