



Asparagus and Mango Quinoa Salad

SERVES 6-8

Ingredients

- 1 small bunch of asparagus
- 1 cup of frozen edamame (already shelled)
- 1 cup of diced fresh or frozen mango
- 2 cups of water
- 1 cup of quinoa, rinsed
- 1 avocado
- 1 heaping Tbsp of fresh grated ginger
- 2 tsp of cumin
- 2 Tbsp of maple syrup, honey or agave (I used maple syrup)
- 2 Tbsp of apple cider vinegar
- 1/4 cup of liquid amino acids, coconut acids or low sodium soy sauce
- 1/4 cup fresh squeezed lime juice

Instructions

Bring the 2 cups of water and the rinsed quinoa to a boil in a medium saucepan. Cover

and lower the temp to simmer. Allow the water to absorb, about 10-15 minutes.

While the quinoa is cooking, prepare and cook the asparagus. Trim the edges (about an inch off the bottom) and put the asparagus in a small baking dish. Pour really hot water over the bunch. Just enough to cover it. Let it "cook" for about 3-5 minutes. Pour the hot water out and run cold water over the asparagus to stop the cooking. Cut into 1 inch pieces and set aside.

In a medium bowl, combine the grated ginger, maple syrup, apple cider vinegar, amino acids and the lime juice. Whisk together well. Add in the cooked, still somewhat hot, quinoa and mix. Next, add in the frozen edamame, asparagus pieces and mango. If you're using fresh mango, wait until the quinoa is cool otherwise it will turn to mush.

Just before serving top with chopped or sliced avocado.