

Tabasco & Asparagus Quinoa

Ingredients:

1 ½ tbsp. extra virgin olive oil
 2 tsp. dijon mustard
 1 tsp. Tabasco sauce
 2 tsp. fresh lemon juice
 ½ tsp. table salt
 16 ounces fresh asparagus
 2 cup quinoa
 3 cup vegetable broth



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 4

Amount Per Serving

Calories 340 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **15%**

Total Carbohydrate 54g **18%**

Dietary Fiber 8g **32%**

Sugars 7g

Protein 13g

Vitamin A 15% • Vitamin C 10%

Calcium 8% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. First combine the Tabasco and the olive oil. Add the mustard, lemon juice and salt.
2. Boil the asparagus in a large pot of water, for just for a minute or so - depending on the thickness of your asparagus. Drain. Put asparagus in a cold water bath to stop the cooking. Asparagus should turn a bright green color.
3. Bring the vegetable broth and quinoa to a boil in a medium saucepan. Cover and reduce heat and simmer for 25-30 minutes or until quinoa is tender. Stir in the, Tabasco/olive oil mixture, asparagus. Serve with more Tabasco sauce on the side.