

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	



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.