

# ASPARAGUS, QUINOA AND WALNUT SALAD

Ingredients and calories — recipe for 2 people

INGREDIENT	TOTAL (2 PEOPLE)	PER PERSON	KCAL / PERSON
Quinoa (dry)	150 g	75 g	276 kcal
Green asparagus	200 g	100 g	20 kcal
Feta cheese	50 g	25 g	66 kcal
Chopped walnuts	30 g	15 g	98 kcal
Lemon juice	30 ml (½ lemon)	15 ml	3 kcal
Extra virgin olive oil	27 g (2 tbsp)	13.5 g	119 kcal
Salt and black pepper	To taste	To taste	0 kcal
Fresh mint leaves (optional)	To taste	To taste	~1 kcal
<b>TOTAL PER PERSON</b>			<b>≈ 583 kcal</b>

*Values calculated from standard nutritional tables for raw ingredients. May vary slightly by brand and cooking method.*