

# Spring Quinoa with Chickpeas, Asparagus, and Fresh Peas

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fresh-spring-rolls-gluten-free-recipe>

## Ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 1/2 cups water
- 1 teaspoon fine grain sea salt plus more to sprinkle on top
- 2 cups quinoa well-rinsed and drained
- 1/2 pound fresh asparagus cut into 1-inch segments
- 3/4 cup sugar snap peas
- 1 lemon
- 15 ounces chickpeas drained and rinsed
- 1/4 cup radishes rinsed and sliced thinly
- 1 bunch flat leaf parsley chopped, should yield about 1/2 cup
- 2 tablespoons fresh chives chopped
- 1/2 cup crumbled goat cheese

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 25 milligrams
4. Fat: 16 grams
5. Fiber: 11 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 820 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Spring Quinoa with Chickpeas, Asparagus, and Fresh Peas above. You can see more 15 chinese fresh spring rolls gluten free recipe Get ready to

indulge! to get more great cooking ideas.