

Quinoa Salad with Grilled Vegetables

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-eggplant-aubergine-salad-recipe-genius-kitchen>

Ingredients:

- 1 large red onion peeled, trimmed, sliced
- 1 red bell pepper large, cored, seeded, sliced
- 1 yellow bell pepper large, cored, seeded, sliced
- 1 medium zucchini sliced lengthwise
- 1 yellow squash medium, sliced lengthwise
- 1 eggplant medium, trimmed, sliced
- 2 portobello mushrooms large, stemmed
- 1 pound asparagus spears ends trimmed
- 1/4 cup olive oil
- 2 tablespoons white balsamic vinegar
- 2 cloves fresh garlic crushed
- 1 teaspoon dried thyme
- sea salt
- ground pepper
- 2 ears fresh corn corn silk removed, husks on
- 3 cups cooked quinoa
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh mint
- extra virgin olive oil to taste
- 1 lemon
- sea salt
- ground pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 41 grams

3. Fat: 14 grams
 4. Fiber: 11 grams
 5. Protein: 9 grams
 6. SaturatedFat: 2 grams
 7. Sodium: 280 milligrams
 8. Sugar: 9 grams
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