

Spring Beet & Quinoa Salad



This vibrant salad is colorful, full of fiber, and perfect for meal prepping on the weekend as it will keep well in the fridge for several days, with the flavor only getting better with time.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the Salad:

½ cup	Quinoa, dry
¾ cup	Edamame, shelled, frozen (thawed)
1/3 cup	Pumpkin Seeds, toasted
1 each	Beet, peeled and grated
1 each	Carrot, peeled and grated
4 cups	Spinach, chopped
¼ cup	Parsley, chopped
1 each	Avocado, diced

For the Vinaigrette:

¼ cup	Extra Virgin Olive Oil
3 Tbsp	Apple Cider Vinegar
1 each	Lime, juiced
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground

CHEF'S NOTES

Beets are nutrient-rich, low-calorie, and versatile! This recipe uses them raw and grated, but they are also delicious when roasted or lightly pickled. Any way you prepare them, you'll get fiber, folate, potassium, and magnesium in every bite.

Beets have a flavor that is both earthy and sweet, with golden beets being a little sweeter than red varieties. In Louisiana, beets are in season from September through May, and you may find different colors, such as white or Chioggia, an heirloom variety that features red and white stripes that explain their candy cane nickname.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Prepare the Quinoa: In a small saucepan, combine quinoa and 1 cup of water. Bring to a boil. Lower the heat and cook, covered, for 15-20 minutes. When done, remove the pot from heat and let sit, still covered, for 5 more minutes. Remove the lid - you will notice a slight "spiral" from the quinoa that happens when the germ separates from the seed. This indicates that it is fully cooked.
3. Fluff gently with a fork, then add the edamame on top to help it steam, then set aside to cool.
4. Toast the pumpkin seeds: Meanwhile, heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention, as they can go from golden brown to burnt very quickly.
5. Prepare the vinaigrette: In a small jar or container with a lid, combine all dressing ingredients and shake until well combined.
6. Assemble salad in large serving bowl by combining all the ingredients together. Pour the vinaigrette over and toss to combine. Refrigerate until ready to serve.

Nutrition Facts

8 servings per container

Serving size 1 cup (129g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 6g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.4mg 15%

Potassium 510mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SOY

