

Spring Beet & Quinoa Salad



This refreshing recipe is colorful and full of fiber. This vibrant salad is perfect for meal prepping or making ahead of a spring picnic lunch.

YIELD 4 SERVINGS	PREP TIME 30 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the salad:

½ cup	Quinoa, dry
¾ cup	Edamame, shelled, thawed
1/3 cup	Almonds, slivered or sliced
1 each	Beet, peeled and shredded/grated
1 each	Carrot, peeled and shredded/grated
4 cups	Spinach, chopped
¼ cup	Cilantro, fresh, finely chopped
1 each	Avocado, diced

For the vinaigrette:

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

CHEF'S NOTES

If you have a spiralizer at home, try preparing the beets and carrots with it to give this dish a fun noodle-like texture.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium size pot, combine quinoa and 1 cup water. Bring to a boil, then cover pot with lid, reduce heat to a simmer and cook for 15 minutes. Remove from heat, add in edamame, and stir to combine. Set aside for 5 minutes to cool.
3. In a small skillet over medium heat, toast the almonds. Stir frequently until almonds are fragrant and starting to turn golden, about 5 minutes. Transfer to large mixing bowl to cool.
4. Prepare vinaigrette: In a small jar or container with a lid, combine all dressing ingredients and shake until well combined.
5. Assemble salad in large serving bowl by combining the cooked quinoa, edamame, beets, carrots, toasted almonds, cilantro, and cubed avocado. Pour the vinaigrette over and toss to combine.

Nutrition Facts

4 servings per container

Serving Size 1.5 cups (189 g)

Amount per serving

Calories 310

% Daily Value *

Total Fat 19g 25%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 360mg 16%

Total Carbohydrate 30g 11%

Dietary Fiber 7g 27%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 3mg 15%

Potassium 700mg 15%

*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.



Recipe adapted from *Cookie & Kate*, "Colorful Beet Salad with Carrot, Quinoa & Spinach"