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.

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 SERVINGS</td>
<td>30 MIN</td>
<td>45 MIN</td>
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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

**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.

**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.
### Nutrition Facts

4 servings per container

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount per serving</th>
<th>% Daily Value *</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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*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”