



BEET QUINOA SALAD

~BY GROWING UPTOWN



SERVINGS

2 to 4 salads

TOTAL TIME

45 Minutes

INGREDIENTS

—SALAD

- ½ cup uncooked quinoa
- 1 cup frozen organic edamame
- ½ cup slivered almonds or pepitas (pumpkin seeds)
- 1 medium raw beet, peeled
- 1 medium-to-large carrot (or 1 additional medium beet), peeled
- 2 cups packed baby spinach or arugula, roughly chopped
- 1 avocado, cubed

INGREDIENTS

—VINAIGRETTE

- 3 tablespoons apple cider vinegar
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh mint or cilantro
- 2 tablespoons honey
- ½ to 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- Freshly ground black pepper

DIRECTIONS

- To cook the quinoa: In a medium-sized pot, combine the quinoa, salt and 1 cup water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove it from heat and let it rest, still covered, for 5 minutes.
- To cook the edamame: Bring a pot of water to boil, then add the edamame and cook just until the beans are warmed through, about 5 minutes.
- To toast the almonds: In a small skillet over medium heat, toast the almonds, stirring frequently, until they turn golden on the edges, about 5 minutes. Transfer to a serving bowl to cool.
- To prepare the beet(s) and/or carrot: Feel free to just chop them as finely as possible using a sharp knife or grate them on a box grater.
- To prepare the vinaigrette: Whisk together all of the ingredients until emulsified.
- To assemble the salad: In your large serving bowl, combine the toasted almonds, cooked edamame, prepared beets and carrot, roughly chopped spinach or arugula, cubed avocado and cooked quinoa.
- Drizzle dressing over the mixture and gently toss to combine. You'll end up with a pink salad if you toss it really well! Season to taste with salt and black pepper.

