

Beet & Goat Cheese QUINOA SALAD



INGREDIENTS

- 1/2 cup dry quinoa
- 1 cup cold water
- 1 Tbsp. olive oil
- 2 tsp. lemon juice
- 1/4 tsp. kosher salt
- Black pepper, to taste
- 1 cup cooked, diced beets
- 1/4 cup crumbled goat cheese
- 2 cups spring mix
- 1/4 cup red onion
- 1/8 cup pepita seeds

INSTRUCTIONS

1. To prepare the quinoa, place in a small to medium saucepan and add water. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 10-15 minutes, until all the water is absorbed.
2. Transfer cooked quinoa to a large bowl and let it cool. Add olive oil, lemon juice, salt, and pepper to taste. Toss to coat the quinoa.
3. Add beets, red onion, pepita seeds, and goat cheese and fold into the quinoa mixture. Serve at room temperature or chilled over a bed of spring mix.

Makes 4 servings

NUTRIENT ANALYSIS PER SERVING

Calories: 325; Total fat: 19.5g; Sat fat: 6.25g; Cholesterol: 27mg; Sodium: 449mg;
Total carbohydrate: 25.9g; Sugars: 4.23g; Dietary fiber: 4.9g; Protein: 15.77g

Inspired by recipe from todaysdietitian.com, February 2020