

SPOTLIGHT RECIPE

ROASTED BEETS AND QUINOA SALAD

- Heat the oven to 400 F.
- Put all of the dressing ingredients into a jar with a lid. Shake well and set aside.
- In a bowl, mix the chopped beets with 1 teaspoon of red wine vinegar and 2 teaspoons of olive oil. Season the beets with salt and pepper.
- Place the beets in a baking dish and cook in the oven for 45 minutes (stirring halfway through cooking).
- While the beets are cooking, bring 2 cups of water to a boil. Add the quinoa to the water, cover and turn down to a simmer. Cook the quinoa for about 20 minutes, or until done.
- Add the quinoa to the kale and fresh herbs. Mix well.
- Add the beets to the quinoa mixture.
- Serve with the dressing on the side.

Ingredients

Servings: 4

- 3 medium beets, peeled and chopped into small chunks (about 1 1/2 cups)
 - 1 teaspoon red wine vinegar
 - 2 teaspoons olive oil
 - Salt and fresh ground pepper, to taste
 - 2 cups water
 - 1 cup quinoa, rinsed
 - 1 cup kale, stems removed, sliced into thin strips
 - 1/4 cup fresh herbs (dill, basil, parsley, etc.)
- For the dressing
- 1 shallot or small onion, diced (about 2 tablespoons)
 - 1 teaspoon Dijon mustard
 - 3 tablespoons white wine, balsamic or champagne vinegar
 - 1/4 cup olive oil