

Citrus Beet Salad

1 SERVING 1 HOUR



INGREDIENTS

1 Beet (medium, cut into quarters)
1/2 cup Quinoa (uncooked, dry)
1 1/2 tps Extra Virgin Olive Oil
3/4 tsp Apple Cider Vinegar
1/4 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach
1 tbsps Radishes (finely sliced)
1/2 Carrot (medium, peeled into ribbons)
1 tbsps Goat Cheese (crumbled)
2 tbsps Hemp Seeds
2 tbsps Mint Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	558	Potassium	1200m...
Fat	23g	Vitamin A	6680IU
Carbs	69g	Vitamin C	12mg
Fiber	11g	Calcium	107mg
Sugar	8g	Iron	7mg
Protein	22g	Vitamin B12	0µg
Cholesterol	3mg	Magnesium	346mg
Sodium	152mg	Zinc	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 02 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 03 Cook your quinoa on the stove according to package directions, and set aside.
- 04 Make the dressing by combining the olive oil, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 05 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, goat cheese, and mint. Drizzle dressing over top and enjoy!

NOTES

PREP AHEAD AND SAVE TIME

The beets and quinoa can be prepped in advance to make assembling this salad much faster.

DAIRY-FREE

Omit the goat cheese

NO CHICKPEAS

Use another protein instead such as tofu or cooked, diced chicken breast.

NO QUINOA

Use rice instead.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.