

Quinoa, Roasted Beet and Walnut Salad

Ingredients

- 3-4 medium beets, washed and trimmed (do not peel)
- 1 cup dry quinoa
- 2 cups water
- ½ cup walnuts, lightly roasted and cooled
- 2-3 cloves garlic, minced or grated
- Grated rind of one lemon
- Juice of one lemon (about ¼ cup)
- 2 tbsp balsamic vinegar
- ¼ cup extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp pure maple syrup
- 1/3 cup fresh cilantro, chopped
- sea salt and pepper to taste

Directions

1. Preheat oven to 425F. Wrap beets in foil and bake until extremely tender, about 45 minutes to 1 hour. You can also steam for 35 minutes or until tender. Let cool, then slip off the skins and dice into 2 cm cubes. Set aside.
2. Bring water to boil in a small heavy saucepan. Rinse quinoa well and add to water. Return to boil, then reduce heat to low and cover. Allow to simmer, untouched, for 25 minutes, then check to see if water has been absorbed. If not, continue simmering until all water is absorbed, then uncover and allow to cool.
3. In a nonstick frypan, heat oil and add garlic and lemon rind. Cook and stir for 2 minutes, then add balsamic vinegar, lemon juice and maple syrup. Remove from heat.
4. Add beets to cooled quinoa. Break walnuts into pieces and add to the bowl. Pour dressing over and toss well until quinoa becomes pink. Add cilantro and combine well. Season to taste with sea salt and pepper.

Source: from a spring retreat by two fabulous nutritionists, Sherri Doak and Rebecca Lane

