



QUINOA AND BEET SALAD WITH NUTS

[VEGAN, GLUTEN-FREE]

MODIFIED FROM ONE GREEN PLANET

SERVES 4

INGREDIENTS

- 1 cup quinoa
- 1 1/2 cups water
- 3/4 cup diced roasted beets
- 1/3 cup chopped roasted nuts (cashews, pine nuts chestnuts or almonds)
- 1/4 cup sliced scallions
- 1/4 cup minced fresh mint
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar (or rice vinegar)
- 1/4 teaspoon salt

Instructions:

1. Boil the quinoa and water in a medium saucepan. Bring to a boil, then reduce heat and simmer for about 12 minutes, until you see the rings separate from the kernels of quinoa and it's tender-crunchy. Set aside and cool.
2. Mix all ingredients together in a bowl. Eat and enjoy!

