



Citrus Beet Salad

4 servings

1 hour

Ingredients

4 Beet (medium, cut into quarters)
1/2 cup Quinoa (uncooked, dry)
2 tbsps Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1/4 cup Radishes (finely sliced)
2 Carrot (medium, peeled into ribbons)
1 cup Chickpeas (cooked, from the can)
1/4 cup Goat Cheese (crumbled)
1/2 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	288
Fat	11g
Saturated	2g
Carbs	40g
Sugar	11g
Protein	10g
Cholesterol	3mg
Sodium	151mg

Directions

- 1 Preheat the oven to 190°C. Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 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.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, 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.