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BEET & QUINOA SALAD

GF • TIME: 30-45 MIN • ABOUT 4 SERVINGS

Recipe by Rebecca Rich, MSCN

Ingredients:

4 beets (medium, peeled)
2/3 cup quinoa (dry, rinsed)
1/4 cup balsamic vinegar
4 stalks celery w/leaves (chopped)
2 2/3 stalks green onion (sliced)
Sea Salt & Black Pepper (to taste)
1/3 cup feta cheese (crumbled)
1/3 cup pumpkin seeds (toasted)

Directions:

1. Add the beets to a large pot. Fill with water until beets are covered and bring to a boil. Cook for 25 minutes or until soft. Rinse in cold water before chopping.
2. Meanwhile, cook the quinoa according to the package directions.
3. In a bowl, add the vinegar, celery, and green onions. Season with salt and pepper.
4. Add the beets and quinoa to the bowl and gently mix to coat.
5. Divide into bowls. Garnish with feta cheese and pumpkin seeds. Enjoy!

NUTRITION NOTE:

Beets are rich in anti-oxidants making them great for reducing inflammation throughout the body and improving immune function. The quinoa and pumpkin seeds add wonderful plant-based sources of protein to this salad.