

SUMMER

Beet and quinoa salad

*I created this salad June 27, 2018, for our family. I modeled it after a yummy salad I had at Zupa's on my date with Lane the previous weekend. You can prep all of this salad in the morning and then assemble it right before serving. Makes a very large salad! (Serves 8-10)
Note: If you don't want the salad quite so crunchy reduce the amount of seeds and nuts. This refreshing dinner salad really highlights the gifts of the garden this time of year!*

1 cup (uncooked) quinoa
2 cups water

4 tablespoons chia seed
3 tablespoons black sesame seeds
3 tablespoons golden sesame seeds
3 tablespoons raw pumpkin seeds
3 tablespoons slivered almonds
1 tablespoon flax seed

1 red beet
1 golden beet (or other color beet)
2 heads leafy green lettuce leaves, rinsed, spun or patted dry, chopped into large chunks
1 package (or very large bunch) baby arugula

vinaigrette of choice (We love the white citrus balsamic dressing from Costco!)

Optional: cooked chicken, sliced thinly and cut up into bite-sized pieces; goat cheese would also be good

Toast the quinoa in a hot, dry frying pan (skillet) until it begins to pop and smell a little like popcorn (5 min?). Remove from heat. Pour in 2 cups hot water. Put the pan back on the heat, stir and bring to a boil. Cover and reduce heat to a simmer. Cook about 11-15 minutes (until water is absorbed). Remove from heat and allow to sit, covered, for about 5 minutes. Transfer to a bowl and store in the fridge until dinner salad assembly time.

Measure out all the seeds and nuts into one bowl. Cover and set aside until assembly.

Rinse, dry, and slice up lettuce. Rinse and dry arugula. Combine in a large bowl. Cover and put aside in the fridge if saving for later in the day.

Rinse and peel the beets. Using a mandolin, cut the beets into paper thin rounds. Cover and refrigerate until ready to add to the salad.

When ready to serve, toss 2 cups of the quinoa with the greens, seed/nut mixture, beets, and chicken or goat cheese if using. Serve dressing on the side.

Serving suggestion: We ate this with hot-from-the-oven rosemary sweet potato fries and a white nectarine/raspberry/blackberry salad. Yum!