

# Roasted Beet and Quinoa Salad

From Tarla Fallgatter, cooking instructor, 2013



4 medium beets, tops cut, but 2" of stems remaining

1/2 cup red quinoa

1 cup chicken stock

3 cups salad greens, or arugula

1/2 cup hazelnuts, roasted, skin rubbed off, coarsely chopped

4 ounces Feta cheese, Bulgarian preferred, or other lower-salt type

## VINAIGRETTE:

3 tablespoons pear vinegar

1 tablespoon sherry vinegar

2 teaspoons honey mustard

6 tablespoons olive oil

Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

1. Preheat oven to 350°. Wrap each beet individually in foil, stems up. Place on a rimmed cookie sheet or baking dish and bake until tender, about 50 minutes. Test with sharp point of a knife to make sure beets are tender. Unwrap beets and allow to cool for 10-15 minutes, then rub the skin off the beets. Cut into wedges.
2. Sauté quinoa for 2-3 minutes in a dry skillet, until they're lightly toasted. They will begin to pop and jump around in the pan. Add chicken stock and bring mixture to a simmer. Cover and cook over very low heat for 15 minutes, or until quinoa is tender. Drain off any excess liquid.
3. In a small bowl or jar combine the dressing ingredients and shake to combine.
4. Toss the greens with some of the vinaigrette until coated. Add the quinoa and toss again. Add hazelnuts and cubed Feta, tossing very lightly. The quinoa will stick to the Feta.
5. Drizzle more of the dressing on the wedged beets. Spoon salad mixture onto individual plates and add beets on top.

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Per Serving (excluding unknown items): 331 Calories; 26g Fat (68.4% calories from fat); 8g Protein; 19g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 640mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 5 Fat; 0 Other Carbohydrates.