

Quinoa Beet Salad

Peg Demery 7-5-14

4 – 6 servings

Salad Ingredients

1 c Organic Quinoa (1 c quinoa & 2 cups filtered water in a saucepan. Bring to a boil and turn down heat to a simmer and cook for approx 15 min or till water is gone). Cool or make a day ahead.

2 Stalks Organic celery - diced
½ Organic Hot House Cucumber - diced
1 ½ c Organic Grapes – cut in half
2 Organic Grated Carrot – peeled & grated
½ c Organic Italian Parsley – minced
¼ c Organic Red Onion – minced
1 Organic Green Onion/Scallion – finely chopped
½ Organic Red Pepper – diced
½ Organic Green Pepper – diced
1 – 2 Organic Beet – peeled & shredded **(add last just before serving)**

Mix all the veggies & cooked quinoa together except for the shredded beet.

Dressing

Add juice of 2 organic lemons
2 - 3 tabs Seasoned rice vinegar
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2 tbs Olive Oil
½ tsp Himalayan pink salt
Pepper – optional
If you want more flavor, just add more of the above ingredients

Add the shredded beats & serve.

Options can add, change or substitute:

Cilantro
Parsley
Nuts & seeds
Raisins and/or cranberries
Pineapple
Chopped apple
Nutritional Yeast
Other cooked grains such as Brown Rice, Wheat berries