



Quinoa Beet and Arugula Salad

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 35 mins

Description

This quinoa beet salad with arugula has the perfect combination of textures and flavors. The arugula has a rich peppery taste which goes well with the slightly nutty flavor of the quinoa.

Ingredients

- - ½ pound beets
- peeled and sliced - 2 cups water - 1 cup red quinoa - ½ cup olive oil - ½ cup red wine vinegar - 1 ½ teaspoons white sugar - 1 clove garlic
- crushed - 1 teaspoon salt - ¼ teaspoon ground black pepper - 5 ounces goat cheese
- crumbled - 3 ounces arugula
- chopped - 2 green onions
- sliced

Instructions

1. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer; cover pan and bring water to a boil. Add beets
2. cover pan
3. and steam until just tender
4. 7 to 10 minutes. Set aside. Place 2 cups water and quinoa in a saucepan; bring to a boil over high heat. Reduce heat to medium-low
5. cover
6. and simmer until quinoa is tender and liquid has been absorbed
7. about 15 minutes. Meanwhile
8. whisk olive oil
9. red wine vinegar
10. sugar
11. garlic
12. salt
13. and black pepper together in a large bowl. Remove quinoa from heat
14. then immediately add 1/2 of the vinegar dressing while fluffing quinoa with a fork; reserve remaining dressing. Cover and refrigerate quinoa until cool
15. at least 1 hour. Stir goats cheese
16. arugula
17. green onions
18. beets
19. and remaining dressing into cooled quinoa mixture. Toss lightly before serving. Editor's Note: Please note the differences in ingredient amounts when using the magazine version of this recipe as well as differences in time for chilling.