

Fit for the Holidays

Quinoa Salad with Oranges, Beets, and Pomegranate



Roasted beets, sweet dates, tangy oranges, and juicy pomegranate seeds make this quinoa salad recipe festive. *It pairs beautifully with turkey or roast pork.*

Minutes to prepare: 90

Servings: 8 (1 ¼ cups/each)

Ingredients

- 3 medium beets (about 1 ¼ pounds)
- 2 cups vegetable broth
- 1 ½ cups water
- 2 cups red quinoa
- ½ tsp. salt
- 3 medium oranges
- 1 tbsp. shery vinegar or lemon juice
- ½ tsp. freshly ground pepper
- 3 tbsp. extra-virgin olive oil
- ¼ cup plus 2 tbsp. finely chopped fresh parsley, divided
- ½ cup chopped pitted dates
- 1 whole pomegranate, seeded

Preparation

1. Preheat oven to 350°F.
2. Trim the root end of the beets and remove any greens; rinse and pat dry. Wrap individually in foil. Roast until tender, 1 to 1 ¼ hours, depending on size.
3. Meanwhile, bring broth, water, quinoa, and salt to a boil in a large saucepan. Reduce heat, cover and simmer until liquid is absorbed (about 20 min.). Transfer quinoa to a large serving bowl.
4. Zest and juice 1 orange. Place juice in a medium bowl. Cut the remaining 2 oranges into segments and set aside. Add the zest, vinegar (or lemon juice), salt and pepper to the juice; gradually whisk in oil in a thin stream until well combined. Stir in ¼ cup parsley.
5. When cool, peel and dice the roasted beets. Add to the quinoa along with the dates. Pour dressing over the salad and toss to coat.
6. Serve garnished with the reserved orange segments, pomegranate seeds and remaining parsley.



Nutritional Information (per serving)			
Calories	305	Cholesterol	0 mg
Protein	8 g	Fiber	8 g
Carbohydrates	51 g	Sodium	449 mg
Saturated fat	1 g	Potassium	625 mg
Monounsaturated fat	5 g		

Resource: www.eatingwell.com

