

Beet & Quinoa Salad

Prep: 15 minutes • Cook: 15 minutes

A vibrant hot-pink salad of fluffy quinoa and shredded beets tossed with bright herbs, tender beet greens, and crunchy walnuts in a tangy balsamic vinaigrette. Fresh, hearty, and satisfying yet light—perfect as a side or a simple meal.

Ingredients

- 1 cup quinoa (dry)
- 1/2 teaspoon kosher salt
- 1 3/4 cup water
- 1 bunch (about 3 medium) beets (greens and stems included)
- 2 green onions (thinly sliced)
- 1/2 bunch parsley (roughly chopped)
- 2 tablespoons fresh mint (chopped)
- 1/2 cup walnuts (chopped)
- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 teaspoons dijon mustard
- 1 clove garlic (crushed)
- 1/2 teaspoon kosher salt
- to taste black pepper

Instructions

1. Rinse the quinoa well in a fine-mesh strainer, then add it to a medium saucepan with the kosher salt and water.
2. Bring to a boil over high heat, then cover, reduce heat to medium-low, and simmer for 15 minutes.
3. Turn off the heat and let the quinoa sit, covered, for 5 minutes. Transfer to a large bowl and fluff with a fork.
4. Trim the ends from the beets and set aside the stems and greens. Optionally peel, or scrub well. Quarter the beets and shred using a food processor or box grater.
5. Add the shredded beets to the quinoa and mix until the quinoa turns bright pink. Set aside to cool to room temperature.
6. Wash beet greens and stems well, pat dry, separate stems from leaves, finely chop stems, and roughly chop leaves; set aside.
7. Make the dressing: add olive oil, balsamic vinegar, Dijon mustard, crushed garlic, kosher salt, and black pepper to a small jar; seal and shake until emulsified.
8. Once the quinoa has cooled, add chopped beet greens and stems, sliced green onions, parsley, mint, and walnuts to

the bowl.

9. Pour the dressing over the salad and toss until evenly coated. Season with additional salt and pepper to taste.

10. Serve immediately, or chill for 15 minutes before serving. Store leftovers in an airtight container in the refrigerator for up to 5 days.

Tags: Vegan, Gluten Free, Salad, Quinoa, Beets, Side Dish

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