

Ingredients:

- 1 cup quinoa, uncooked
- 2 cups vegetable stock, unsalted
- 2 cloves garlic, minced
- ¼ red onion, minced
- ¼ red onion, sliced thin
- 1 tsp Mrs. Dash Salt Free Seasoning
- 4 medium Fuji, Gala, Granny Smith or other firm apples, quartered & sliced
- 4 beets, red or golden, peeled and sliced
- 3 tbsp olive oil
- 1 package (5 ounces) spring mix salad greens
- 1 cup baby kale
- 1 cucumber, quartered and diced
- 2 carrots, shredded
- 4 pitted dates, quartered (optional, omit for low sugar diet)
- 4 ounces fresh goat cheese, crumbled (optional, omit for low sodium diet)
- ½ cup pecans toasted, chopped
- ½ cup walnuts toasted, chopped

Dressing

- 4 tbsp cider vinegar
- 4 tbsp olive oil
- 2 tbsp maple syrup
- 2 tsp sriracha chili sauce
- ½ tsp salt (reduce or omit for low sodium diet)
- ½ tsp pepper

Preparation:

1. Preheat oven to 375°
2. Place cut apples on a baking pan, lined with parchment paper or foil. Place peeled and cut beets on a separate baking pan, also lined with parchment paper or foil.
3. Sprinkle beets with salt and pepper. Drizzle both apples and beets with 1 tablespoon olive oil and toss to coat. Roast for 20-30 minutes or until tender, stirring occasionally. Cool completely.
4. To cook the quinoa: Combine the rinsed quinoa, vegetable stock, minced garlic, ¼ of the minced red onion, and 1 tablespoon olive oil in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook, uncovered, until the quinoa has absorbed all the liquid, about 15 minutes. Remove from heat, cover, and let the quinoa rest for 5 minutes.
5. In a small bowl, whisk dressing ingredients until blended. In a large bowl, combine salad greens, cucumber, carrots, sliced red onion, and dates. Drizzle dressing over salad and toss to coat.
6. Divide mixture among eight plates. Top with quinoa, goat cheese, roasted beets, and roasted apples; sprinkle with toasted pecans. Enjoy!



Nutrition Facts

Serves 8

Amount Per Serving	
Calories	448
% Daily Value*	
Total Fat 24.9g	32%
Saturated Fat 4.6g	
Polyunsaturated Fat 6.9g	
Monounsaturated Fat 12g	0%
Cholesterol 6.5mg	2%
Sodium 369.4mg	16%
Total Carbohydrate 50.6g	18%
Dietary Fiber 9g	32%
Sugars 26.2g	
Protein 9.9g	20%
<ul style="list-style-type: none"> • Vitamin A31% • Vitamin C11% • Calcium7% • Iron16% • Vitamin D1% • Magnesium24% • Potassium16% • Zinc17% • Phosphorus20% • Folic Acid (B9)46% 	

Healthy Chef Tip: To toast nuts, place them into a dry nonstick skillet over low heat, stirring frequently, until you begin to smell a nutty aroma, approximately 4-5 minutes. Remove from pan immediately. Cool and enjoy!

Healthy Chesapeake


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