

Power Bowl Beet and Grain Salad

Ingredients

- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1/2 cup chopped parsley
- 1/2 cup chopped walnuts
- 4 oz. goat cheese, crumbled
- 2 Tbsp. olive oil
- 2 beets, cooked and chopped
- 1 medium green apple, chopped
- 1 medium lemon, juiced
- Salt and pepper to taste



Preparation

1. To cook beets either roast at 350 degrees Fahrenheit for 20 minutes or boil until able to pierce with fork. Once cooled to touch, peel and chop.
2. Toss all ingredients in bowl until mixed well. Option to serve atop bed of spinach.

How to Roast Beets: Preheat oven to 450 degrees. Line ceramic bakeware with aluminum foil and place whole washed beets (greens trimmed) in dish. Roast for 45-2 hour (depending on size of beets) and flip every 30 minutes until able to pierce through with knife. Peel by chopping stems and root tip off, then pulling off the skin under running water.

Yield: 4 servings

per serving: 400 Calories | 25g Fat | 12g Protein | 36g Carbohydrates | 180mg Sodium (before adding salt, ¼ tsp salt = ~500mg Sodium)