

Recipes makes: 4 Servings (~1 cup per serving)



Ingredients-

Salad

- ♥ ½ cup uncooked quinoa, rinsed
- ♥ 1 cup frozen organic edamame
- ♥ 1/3 cup slivered almonds or pepitas
- ♥ 1 medium raw beet, peeled
- ♥ 1 medium-to-large carrot (or 1 additional beet), peeled
- ♥ 2 cup packed baby spinach or arugula, roughly chopped
- ♥ 1 avocado, cubed

Vinaigrette

- ♥ 3 Tbsp D'Avolio Red Wine Vinegar
- ♥ 2 Tbsp lime juice
- ♥ 2 Tbsp D'Avolio Blood Orange Olive Oil
- ♥ 1 Tbsp chopped fresh mint or cilantro
- ♥ 1 ½ tsp honey
- ♥ 1 ½ Tbsp orange juice
- ♥ ½ - 1 tsp Dijon mustard
- ♥ ½ tsp salt
- ♥ ¼ tsp black pepper

PREPARATION:

1. To cook the quinoa: Rinse the quinoa in a fine mesh colander under running water for 1-2 minutes. In a medium-sized pot, combine the rinsed quinoa and 1 cup water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.
2. To cook the edamame: Bring a pot of water to boil, then add the frozen edamame and cook just until the beans are warmed through, about 5 minutes. Drain and set aside.
3. To toast the almonds or pepitas: In a small skillet over medium heat, toast the almonds or pepitas, stirring frequently, until they are fragrant and starting to turn golden on the edges, about 5 minutes. Transfer to a large serving bowl to cool.
4. To prepare the beet(s) and/or carrot: Peel and julienne with a chef's knife into fine, 2-inch long strips.
5. To prepare the vinaigrette: Whisk together all of the ingredients until emulsified.
6. To assemble the salad: In your large serving bowl, combine all ingredients except vinaigrette and toss well. Drizzle dressing over the mixture (you might not need all of it) and gently toss to combine. You'll end up with a pink salad if you toss it really well!

Nutrition Facts	
Serving Size: 7 oz	
Servings: 1	
Amount Per Serving	
Calories 350	Calories from Fat 190
% Daily Value*	
Total Fat 21g	33%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 32g	11%
Dietary Fiber 9g	37%
Sugars 7g	
Protein 11g	
Vitamin A 90%	• Vitamin C 30%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

