

Quinoa Tabbouleh

1 lb beets
2 cups red quinoa
½ cup olive oil
¼ cup freshly squeezed lemon juice
3 mashed garlic cloves
½ tsp salt
pinch red pepper flakes
1/3 cup fresh Italian parsley, chopped
¼ cup fresh mint, chopped
3 scallion, chopped
2 oz arugula
seeds from ½ pomegranate
¼ cup chopped almonds

- Bake beets at 350 on a lined baking sheet for 45-60 minutes. When beets are cool enough to handle rub off skins and cut into cubes.
- Bring 4 cups of salted water to boil and add quinoa. Lower heat, cover and simmer for 20 min until quinoa is dry and fluffy. Let cool.
- In a salad bowl, whisk together oil, lemon juice, garlic, salt, and red pepper flakes.
- Add beets, quinoa, parsley, mint, scallions, and arugula. Toss well.
- Top with pomegranate and almonds.



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