

Golden Beet Quinoa Salad

Yes, this is a little different side dish. Not your usual stuffing, salad or green bean casserole. I'm not a huge fan of beets but I do love quinoa! Quinoa is a complete protein source, containing all nine essential amino acids, which is rare for a plant source. Essentially, it's an excellent protein source. Not only is the side dish gluten free, it's also vegan. My cousin's girlfriend is vegan and this will be made next week for Christmas. Here's a little tip: If your quinoa isn't prerinsed, rinse it under water for a few seconds before putting it in the pot. Rinsing quinoa removes the bitter flavor. Enjoy!

xoxo,
Kristin

1. Bring beets, quinoa, water, thyme, salt, and olive oil to boil in large pot. Reduce heat to low. Cover. Simmer 15 minutes. Remove from heat. Add spinach leaves. Return lid. Let sit five minutes.
2. Fluff quinoa with fork while combining all ingredients.
3. Add olive oil, salt, and fresh pepper.
4. Serve warm or cold.

Recipe from Lucismorsels.com. Serves 4