

Warm Quinoa Salad with Roasted Root Vegetables

Ingredients (serves 4)

- 4 cups root vegetables (sweet potatoes, beets, turnips, winter squash, rutabaga, carrots, parsnips), peeled and cut into ½ inch pieces
- 2 Tablespoons olive oil or canola oil
- 2 Tablespoons fresh or dried herbs (rosemary, parsley, thyme, oregano)
- 2 cups quinoa, rinsed well
- 4 cups water or chicken stock
- Salt and pepper
- Fresh parsley, chopped (optional)

Directions

1. Preheat oven to 400° F.
2. Place the root vegetables in large bowl and toss with the olive oil and herbs. Season with salt and pepper. Transfer to a large greased roasting pan and arrange in a single layer. Bake for about 20-30 minutes or until fork tender.
3. In the meantime, place the quinoa and water or stock in a saucepan and bring to a boil. Cover, turn the heat to low and simmer for 20 minutes.
4. Transfer the cooked quinoa into a large bowl or serving platter. Season with salt and pepper if needed. Add the roasted root vegetables and toss to mix.
5. Optional: garnish the salad with fresh chopped parsley.

TIP: If you do not have quinoa, you can use brown or wild rice!



Did you know...

Quinoa, pronounced “KEEN-wah,” is a seed that is prepared and eaten similarly to a grain!



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