

# Warm Beet Quinoa Salad

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/2 cup dry quinoa\*
- 1 cup filtered water
- 2 cups spinach
- 3 carrots, chopped
- 3 stalks celery, chopped
- 2 orange or red beets, finely sliced\*\*
- 1/2 red onion, finely chopped
- 1 ripe avocado, chopped
- 1/4 cup cilantro, chopped

## Dressing

- 1/3 cup extra-virgin olive oil
- Juice from one large lemon
- 1 tsp dried Italian herbs
- 1 fresh garlic clove minced
- Sea salt
- Pepper

## Instructions:

1. Combine quinoa and water in a pot. Bring to a soft boil on stovetop. Reduce to a simmer with lid on. Stirring every so often until you see the outer ring of the quinoa separate. This is when it's fluffy and perfect (about 15 minutes max).
2. In a large salad bowl, combine all the ingredients except the avocado, dressing and seasoning. Once quinoa is ready, mix it in with the salad. You want the quinoa to be hot so it warms the ingredients. Drizzle dressing over top of salad and top with chopped avocado, cilantro, sea salt and pepper.

## Notes:

\*I mixed white and brown quinoa. \*\*I used a mandolin to thinly slice the beets, but you could just use a cheese grater if you prefer.