

Pretty in Pink Quinoa Bowl

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Salad

- 1 cup quinoa
- 2 cups water
- 1 medium beet, chopped
- Cooked kernels from 2 cobs of corn
- 1/2 red onion, finely chopped
- 1 carrot, grated or "noodled"
- 1 green onion, chopped
- 1 cup mung bean sprouts
- Handful arugula

Dressing

- Juice from one lemon
- 1/3 cup extra-virgin olive oil
- Pinch of sea salt

Instructions:

1. Boil water and quinoa to a boil on stove top. Reduce to a simmer and cook for 12-15 minutes until quinoa is fluffy. Set aside.
2. In a large salad bowl combine, beets, corn kernels, red onion, carrot, green onion and mung bean sprouts.
3. Once quinoa is cooked, add quinoa to salad bowl and mix. Just before serving, mix in arugula and pour dressing over top.

Notes:

This delicious and pretty salad serves two generously. Option: Add some chopped avocado on top!