

# Recipe

## BEETROOT QUINOA ARUGULA SALAD WITH ORANGE GINGER



► ► Vegan, gluten-free, oil-free, refined sugar-free, nut-free

**Yield:** 2 large servings, 4 small servings

**Prep Time:** 10 min

**Cook Time:** 30 min

**Total Time:** 40 min

### INGREDIENTS: SALAD

2 medium beetroots, peeled, quartered  
1/2 cup (85g) dry quinoa  
1/2 vegetable bullion cube  
1.5 cups (400g) cooked chickpeas\*  
1 medium orange, peeled, sliced into thin rounds  
3 cups (60g) arugula

### INGREDIENTS: DRESSING

1 medium orange, juice and zest  
1 clove garlic  
1 cm piece ginger, peeled  
2 Tbsp (30mL) tahini (sesame seed butter)  
pepper to taste

### DIRECTIONS

1. Wrap the quartered beetroots in foil and bake at 200 C (400 F) until soft, about 30 minutes. Allow to cool and cut into bite-sized pieces. Alternatively, you could steam the beetroots on the stove until soft.
2. In a small pot on high heat add the quinoa, 1 cup water and crushed bullion cube. Bring to a boil then reduce to simmer uncovered until cooked, about 15 minutes.
3. Make the dressing by adding all the ingredients to a high speed blender and blending until well combined.
4. When the quinoa is cooked, add the chickpeas and toss these in the dressing.
5. To plate, add the arugula as the base, top with quinoa and chickpea mixture, and garnish with the orange slices and roasted beetroots. Enjoy!

### NOTES

1. \*If cooking from dry beans, this is about 3/4 cup dry beans. If using canned chickpeas, this is the amount in a 400 g can.
2. **Variations:** add your leafy green of choice if not arugula. Add other fruits such as fresh red grapes, apple slices, or fresh strawberries. Add raw or roasted nuts or seeds of choice if desired.
3. **Speed-it-up:** using canned cooked beetroots speeds up this recipe.
4. **Storage:** store the quinoa and chickpea mixture in an airtight container in the fridge for up to 2 days. If saving for later, avoid tossing this mixture with the greens and fruit to avoid wilting and spoiling.

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