



Beet & whole grain salad with arugula & pistachios
RECIPE

Beet & whole grain salad with arugula & pistachios



COOK TIME 25 min
PREP TIME 15 min
MAKES 6 servings

There's so much to love in this nutritious and delicious recipe, including beets, goat cheese, pistachios, organic quinoa and brown rice. It's a great way to start a meal—or enjoy it whenever you're in the mood for an incredible salad.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice
- 1 tbsp. olive oil
- 1/8 tsp. pepper
- 1/4 cup pistachios
- 1/2 tsp. Dijon mustard
- 1 1/2 tbsps. balsamic vinegar
- 1/8 tsp. salt
- 4 medium beets, peeled and cut into eighths
- 1/4 tsp. salt
- 3 cups lightly packed arugula
- 1/4 cup crumbled goat cheese Vinaigrette
- 2 tbsps. walnut oil
- 1 tbsp. finely chopped shallots
- Pinch freshly ground black pepper

DIRECTIONS

1. Heat oven to 400°F.
2. While oven is heating up, prepare beets by peeling and cutting into eighths.
3. On large baking sheet, toss beets with oil, salt and pepper.
4. Roast 30–40 minutes, stirring twice during roasting, until beets are tender.
5. Cool slightly.
6. Meanwhile, whisk together all Vinaigrette ingredients.

7. Empty contents of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice in large bowl, breaking apart any large pieces.
8. Add roasted beets, arugula, pistachios and goat cheese; toss with vinaigrette. Serve immediately.
9. If arugula is not available, substitute baby spinach or mixed greens.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	220
Total Fat	12g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	18%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	350mg
Sodium % DV	15%
Total Carbohydrate	23g
Dietary Fiber	4g
Sugars	5g
Total Carbohydrates % DV	8%
Dietary Fiber % DV	16%
Protein	6g

You might also love...



Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min



Smoky almond orange salad

Cook time

0 min

Prep time

15 min



Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min



Mediterranean walking buddha bowl

Cook time

1.5 min

Prep time

5 min

Source URL:

<https://www.seedsofchange.com/recipes/beet-and-whole-grain-salad-with-arugula-and-pista-chios>