

# Citrus Beet Salad

13 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
2. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
3. Cook your quinoa on the stove according to package directions, and set aside.
4. Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
5. Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

## Notes

### Prep Ahead and Save Time

The beets and quinoa can be prepped in advance to make assembling this salad much faster.

### Dairy-Free

Omit the goat cheese

### No Chickpeas

Use another protein instead such as tofu or cooked, diced chicken breast.

### No Quinoa

Use rice instead.

### Leftovers

Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.

## Ingredients

- 4 Beet (medium, cut into quarters)
- 1/2 cup Quinoa (uncooked, dry)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Navel Orange (juiced)
- 1 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1/4 cup Radishes (finely sliced)
- 2 Carrot (medium, peeled into ribbons)
- 1 cup Chickpeas (cooked, from the can)
- 1/4 cup Goat Cheese (crumbled)
- 1/2 cup Mint Leaves (chopped)