



Beet Quinoa and Barley Salad with Carrot Ginger Dressing

Ingredients:

- 2 medium beets, stems and leaves removed
- Olive oil
- 6 cups leafy greens of choice
- 1 package Nature's Earthly Choice™ Quinoa & Barley
- Sunflower seeds (optional)

Carrot Ginger Dressing

- 2 large carrots, peeled and diced
- 2 tablespoons fresh ginger, peeled and diced
- 3 tablespoons rice vinegar
- 2 tablespoons maple syrup or honey
- ¼ to ½ teaspoon sesame oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅓ cup olive oil
- Water

Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Drizzle the beets with olive oil and wrap in aluminum foil. Roast for 30 to 40 minutes or until tender.
2. While the beets are roasting, bring a small pot of water to a boil. Add a dash of salt and diced carrots. Boil for 5 to 7 minutes or until tender.
3. In a food processor, combine the carrots, ginger, rice vinegar, maple syrup, sesame oil, salt, black pepper, and olive oil. Taste and adjust the ingredients as necessary. If needed, add water to thin, one tablespoon at a time.
4. Squeeze the pouch of quinoa and barley to separate the grains. Microwave on high for 90 seconds.
5. Once the beets are cooked, peel off the skins and cut into cubes. Combine the beets, grains, and greens. Serve with carrot ginger dressing and top with sunflower seeds.