



LAYERED TOP TO BOTTOM BEET SALAD

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

PREP. TIME: 30 mins

COOKING TIME: 40 mins

YIELDS: 4

INGREDIENTS

- 8 cups (2 L) diced fresh beetroot
- 1 tsp (5 mL) vegetable oil
- 1 clove of garlic, minced
- 2 cups (500 mL) chopped beet greens, cut into 2 inch pieces
- ¼ cup (60 mL) balsamic vinegar
- 2 tsp (10 mL) canola oil
- 1 tbsp (15 mL) honey
- ⅛ tsp (0.5 mL) dry mustard
- a pinch of salt
- ¾ cup (175 mL) crumbled Feta cheese
- 5 cups (1.25 L) spinach or baby kale
- 2 cups (500 mL) cooked quinoa
- 2 tbsp (30 mL) walnut pieces

INSTRUCTIONS

STEP 1

Preheat oven to 400°F (200°C). Spread beetroots out on a parchment lined baking sheet and cook for 40 minutes or until tender.

STEP 2

Meanwhile, heat oil in a medium sized frying pan over medium-high heat. Cook garlic and beet greens until wilted, around two minutes. Set aside and allow to cool for later.

STEP 3

For the dressing: In a small bowl, whisk together balsamic vinegar, canola oil, honey, dry mustard, and salt.

STEP 4

Once the beetroots are cooked to fork-tender and cooled for 20 minutes, mix them in a medium-sized bowl along with the cooked beet greens and feta cheese.

STEP 5

Layer salad in four Mason jars, each one as follows: ½ cup spinach, ¼ cup quinoa, ½ cup beet mixture, ½ cup spinach, ¼ cup quinoa, ½ cup beet mixture. Top with 1 tbsp (15 mL) of balsamic vinegar dressing and 2 tsp (10 mL) walnuts.

TIPS

If using baby kale instead of spinach, pour the balsamic dressing into the Mason jar and shake beforehand so that it softens the kale as it sits.

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