



whole  
grains  
WINTER PROMOTION

# HOT QUINOA SALAD WITH BEETS, PECANS, & BRUSSELS SPROUTS



## Hot Quinoa Salad with Beets, Pecans & Brussels Sprouts

Yield: 10 each / 6 oz portions



Serve in a Bowl or Plated

### **Ingredients: Grain Salad**

32 oz cooked Red and White Quinoa  
1 ½ cups (cooked) Golden Beets  
1 ½ cups (cooked) Red Beets  
1 cup Toasted Pecans  
1 cup- Dried Apricots  
2 Tbsp Olive Oil  
4 cups Shaved Raw Brussels Sprouts  
Salt & Pepper to taste



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### **Preparation**

1. Roast beets separately, then cut/cool and reserve for service.
2. Toast pecans 5-6 minutes at 350 degrees. Cool and reserve for service.
3. Small dice dried apricots and reserve for service.
4. Cook Red and White Quinoa according to package instructions/
5. Combine hot quinoa, beets, pecans, apricots, 1Tbsp of olive oil and S&P.
6. Sauté shaved brussels sprouts with 1 Tbsp of olive oil and S&P.
7. To Assemble, place 3oz of cooked brussels sprouts on the plate as the base. Then top with 6oz of the warm quinoa salad.