Notes:			





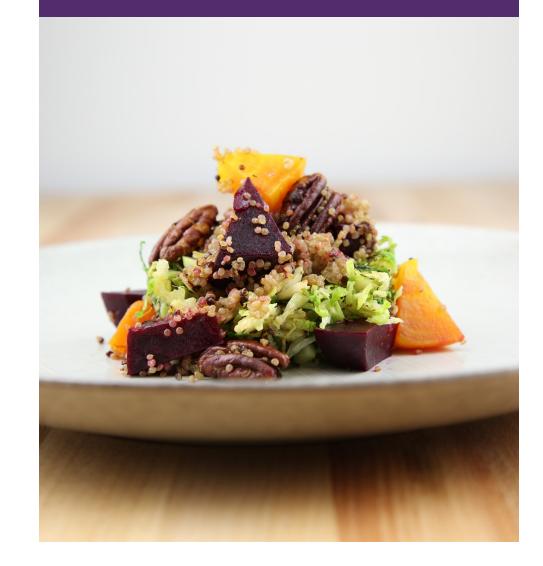




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HOT QUINOA SALAD WITH whole BEETS, PECANS, & PECANS, & BRUSSELS SPROUTS



Yield: 10 each / 6 oz portions



Serve in a Bowl or Plated

Ingredients: Grain Salad

32 oz cooked Red and White Ouinoa

- 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



Hot Quinoa Salad with Beets, Pecans & Brussels Sprouts

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.