

ROASTED VEGETABLE QUINOA SALAD WITH PEANUT DRESSING

Try mixing cooked quinoa into any of your favorite salads and bowls for a healthy and super filling improvement! You can use also use quinoa instead of rice for a healthier fiber packed alternative! We love to make a big batch of this peanut dressing and keep it in the fridge handy for last minute lunches or dinners. Use it as a dipping sauce for chicken, smear it into your favorite wrap or toss it into some rice noodles, you'll love it every time.



Ingredients

- 1 cup quinoa
- 1 bunch kale
- 2 medium carrots
- 2 Turnips
- 0.5 cup peanut or sunflower seed butter
- 1 inch piece of fresh ginger (or 1/4 tsp. dried ginger)
- 3 cloves of garlic

From your pantry

- 1 Tbsp sesame oil
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 2 Tbsp honey or sugar
- olive oil
- salt & pepper

Equipment:

- Medium pot
- Baking sheet

PREPARATION: 10 MIN

COOKING: 40 MIN

READY IN: 50 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. Preheat oven to 450 degrees*

1. Remove **kale** leaves from stems and chop into 1 inch pieces. Peel **carrots**. Cut diagonally into 1 inch slices. Remove ends from **turnips** and peel. Dice into 1 inch pieces. Peel and mince **ginger**. Peel and mince **garlic**.
2. Drizzle **carrots and turnips** with olive oil, salt, and pepper. Toss to coat. Spread on baking sheet and roast for 20 minutes. Shake the pan and stir, roasting until the vegetables are tender and browned around the edges (20-30 mins).
3. Bring to boil **quinoa, 1 1/4 cups water**, and salt and pepper in medium pot. Cover and reduce heat to low. Cover and cook 15-20 min until quinoa is tender and liquid absorbed. Fluff with fork.
4. In a small jar or bowl mix **peanut or sunflower seed butter, ginger, garlic, sesame oil, soy sauce, rice vinegar, honey or sugar** and **1 Tbsp hot water** until well incorporated. Taste and adjust with **salt and pepper**.
5. Allow everything to cool. Then place quinoa, kale, and roasted vegetables in a large bowl and toss to incorporate. Serve with plenty of peanut dressing! Enjoy!

Tips, Tricks, and Terms

QUINOA NOTES:

Quinoa is referred to as a superfood for good reason, its a complete protein, packed with fiber, vitamins and minerals! Although often considered a grain it's actually a seed from a plant that is originally native to Peru! It has been a food staple for natives of the Andes and actually its name means "mother grain" in the Incan language! Quinoa is a whole grain that cooks fast and has a delicious nutty taste and a fluffy texture! We love mixing it into salads or serving it as a side with almost any meal!



A little about...

TURNIP: Turnips are root vegetables with white/purple flesh most commonly available in the fall. Turnips are great peeled and roasted as well as very thinly sliced and served raw (like a radish!) Like most storage crops adding turnips to a pot roast, salad or any dinner is a great and affordable way to extend a meal and add more vegetables to your dinner plate!

GINGER: is a small root with lots of flavor. Try peeling your ginger with a spoon instead of a peeler to maximize the usable portion! Mince or grate it and add it to your favorite dressings, stir-fry etc.



The Food Group is a nonprofit focused on using nutritious food to strengthen community. We work at the intersection of food access, equity, and nutrition issues related to food and hunger. We break down barriers to growing good food locally and getting good food to those who need it most.

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