

RED QUINOA WITH BEETS & RADICCHIO

This ruby-and russet-colored salad employs red quinoa, beets, and radicchio to create its rich hue.



Makes 6 servings

Ingredients

8 medium (2- to 3- inch-diameter) beets
2 tablespoons extra-virgin olive oil, plus more drizzling
1 ½ cups red quinoa, rinsed and drained
1 teaspoon sea salt, plus more to taste
¼ cup unsweetened pure cherry or pomegranate juice
3 tablespoons red wine vinegar
2 tablespoons walnut oil
1 cup finely chopped shallot
1 small head radicchio, torn into bite-size pieces
¼ cup dried sour cherries, chopped
Freshly ground black pepper
½ cup walnuts, toasted and chopped

Preheat the oven to 375°F. Arrange the beets in a small baking dish, add a drizzle of olive oil, and cover with foil. Roast the beets until tender when pierced with a small sharp knife, about 1 hour. Set aside to cool. (The roasted beets can be prepared up to 3 days ahead and stored in the refrigerator.)

In a heavy medium saucepan over medium-high heat, combine 3 cups water, the quinoa, and ½ teaspoon of the salt and bring to a boil. Reduce the heat and simmer until the liquid is reduced by half, about 10 minutes. Reduce the heat to low, cover, and cook until the quinoa is tender and the water has been absorbed, about 10 minutes longer. Transfer the quinoa to a large bowl and let cool to room temperature.

In small bowl, whisk together the cherry juice, vinegar, walnut oil, and olive oil to blend. Stir in the shallot and remaining ½ teaspoon salt.

Pour the dressing over the quinoa and toss to blend. Peel, halve, and thinly slice the beets. Add the beets, radicchio, and dried cherries to the quinoa and stir gently to combine. Season the salad with salt and pepper, sprinkle with the walnuts, and serve. (The salad can be prepared up to 2 days ahead. Cover and refrigerate; garnish with the toasted walnuts just before serving.)

Each Serving

382 calories (kcal)
18 g fat
0 mg cholesterol
48 g carbohydrates

7 g dietary fiber
11 g protein
408 mg sodium
167 IU vitamin A

6 mg vitamin C
52 mg calcium
1 mg iron