

Roasted Root Veggie Quinoa Salad

Recipe By *Sylvia Fallas*



Cooking and Prep:  40
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free

The quinoa salad your dreams are made of. Earthy, tasty, simple, and delicious.

This recipe gets better and better as it rests in the fridge.

Ingredients (14)

Main ingredients

- 2 cups water
- 1 and 1/4 cups quinoa
- pinch of salt
- 3 medium carrots
- 1 medium onion
- 1 sweet potato

- 6 cloves garlic
 - 1 tablespoon **Bartenura Olive Oil**
 - 1 tablespoon ground coriander
 - 1 teaspoon garlic powder
 - salt
 - pepper
 - lemon wedges
 - scallions
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Start Cooking

Cook the Quinoa

1. Rinse quinoa in a small mesh strainer.
2. Bring water and salt to a boil in a small pot. Add rinsed quinoa and stir. Simmer on low for ten minutes. Stir again, cover, and cook on low for about 10 minutes, or until the white “tail” appears on the quinoa. Fluff with a fork and cover.

Roast the Vegetables

1. Peel carrots and onion. Cut into a 1/2-inch dice and add to a mixing bowl.
2. Scrub sweet potato. Trim off ends and cut into 1/2-inch dice. Add sweet potato, whole garlic cloves and olive oil to mixing bowl. Stir to coat with oil. Sprinkle on coriander, salt, pepper, and garlic powder. Toss to coat.
3. Transfer veggies to a greased pan. Bake at 400 degrees Fahrenheit for 30 minutes, shaking the pan halfway through.

Assemble the Salad

1. Mix warm quinoa with veggies. Check for seasonings. Top with chopped scallions and a squeeze of lemon.

About

Sylvia Fallas is a cooking instructor & recipe developer whose focus is on real, healthy, and simple food. She teaches

interactive cooking classes and demos. You can see more on her website, Cookingformypeople.com.