

# Fresh Beetroot & Quinoa Tabouleh Salad

Serves 4-6 as a side dish or 2-3 as lunch!

## Ingredients

- 1 cup quinoa
- 2 tbsp olive oil
- 2 large Spanish onions, finely chopped
- 2 tbsp balsamic vinegar
- 2 tbsp freshly-squeezed lemon or lime juice
- 2 small-medium raw beetroots, peeled and grated
- large handful flat-leaf parsley, coarsely chopped
- sea salt and freshly ground black pepper, to taste

## Method

1. Rinse quinoa, place in a saucepan with 2 cups of water and bring to the boil. Cover and simmer for 15 minutes until cooked (ie. all of the water will be absorbed). Remove from heat and leave to stand for 5 minutes.
2. Heat olive oil in a saucepan, add onions & stir to cover them with the oil. Cook covered over low heat for around 10 minutes, or until they become tender.
3. Stir balsamic vinegar into onion and simmer briefly, then remove from heat and add quinoa and remaining ingredients.
4. Serve this delicious and nutritious salad warm with a crisp green salad and steak, fish or baked & marinated tofu or take it to work for a healthy lunch!

Did you know that quinoa is a highly-nutritious gluten-free grain which contains more calcium than milk and has a protein profile more akin to legumes (beans) than grains? It is exceptionally high in lysine, cystine and methionine, which are typically low in other grains. In addition to being high in calcium it is also high in iron, zinc and phosphorous and is a good source of vitamin E and several of the B vitamins. Its sodium content is low and also provides valuable starch and fibre. Since it grows – and thrives – at high, cold altitudes it is thought to impart improved oxygen uptake. If you haven't cooked with quinoa before be sure to rinse it prior to use as it contains a bitter coating! A fine sieve will do the trick!

If you'd like more information on quinoa (or some more recipes to try) please don't hesitate to email Vanessa Foley at New Beginning Health & Wellbeing [new\\_beginning@optusnet.com.au](mailto:new_beginning@optusnet.com.au) / [www.ntpages.com.au/therapist/20194](http://www.ntpages.com.au/therapist/20194) or call her on 0402 218 061

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