



Mihaela Telecan's
HEALING
with **FOODS**
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Quinoa Beetroot Salad

Ingredients:

- 1.5 cups cooked quinoa
- 1/4 small onion or 4 green onions
- 1/2 a red or yellow bell pepper
- 1 medium tomato
- A bunch of fresh parsley
- 3 small roasted beets
- 1/4 cup black olives(optional)
- 1/2 lemon juice
- 1/2 tsp. Salt and pepper to taste
- 1/4-1/3 cup olive oil

Directions:

1. chop the onions, peppers, tomato, beets, parsley and place them in a large salad bowl
2. add salt, pepper, lemon juice and olive oil, toss lightly
3. mix in the cooled quinoa
4. allow it to sit for 10 min before serving

Note: this can be a meal in itself, or you can have with a green salad or side vegetables.

Make this your one vegetarian meal a day or a week, perfect for the spring cleaning of your temple (aka body).

I recommend roasting more beets (5-10) to have for the week as it takes long to do it (2-3 hours at 350 F).

Grain free variation:

Substitute quinoa with cauliflower. Lightly steam cauliflower, chop in a food processor and use in place of quinoa. You can even use raw cauliflower, however lightly steamed is a bit tastier and easier to digest.

