
Heart-Loving Pomegranate & Beet Salad w/ Quinoa

Serves 4-6

Ingredients

Dressing:

- ⅓ cup raw cashews, soaked overnight or soaked in hot water for 10 minutes
- 1 large orange, peeled and divided into segments
- 1-2 TBS red wine vinegar or high-quality balsamic vinegar
- 2 tsp pure maple syrup
- 1 tsp dijon mustard
- squeeze of lemon - a tsp or two
- ¼ tsp salt
- additional tsp of water as needed to reach desired consistency

Salad:

- 6 cups arugula
- 1-2 tbsp coconut oil for roasting the beets
- 4 medium beet, peeled and cubed
- 1 cup of pomegranate seeds
- ½ cup of cooked quinoa

Directions:

1. Preheat the oven to 400 F
2. Add the beets to a baking sheet and top with cooking fat and salt
3. Roast for 35-40 minutes or until soft. Allow to cool.
4. Assemble the salad ingredients in a large bowl including the beets
5. Blend all of the dressing ingredients in a high-speed blender until completely smooth.
6. Taste the dressing and determine if you need to add a little more of any ingredient - syrup for sweetness, lemon or vinegar for acid, salt, etc.
7. Toss the dressing with the salad to expose all of the salad vegetables.
8. Add protein like chickpeas or other beans, etc. to make it a complete meal