

Quinoa and Beet Salad

- 1 c quinoa, cooked with a teaspoon of Vegeta or your choice of seasoning
- 2-3 beets, boil whole just until tender when pierced with a fork, then peel and cube
- 2/3 c chopped red onion
- 2/3 c raw cashews
- 1-2 T olive oil
- 2 T lemon, or white balsamic vinegar
- sea salt

Add the beets to the quinoa while it is still hot. Add red onion and cashews. Dress with oil, lemon and a little sea salt. Serve warm or cold. Serves 8.