

Beet and Quinoa Tabbouleh

2 Medium Beets, Rinsed
1 Cup Quinoa, Rinsed
2 Garlic Cloves, Crushed
2-3 sprigs fresh Thyme (optional)
1 Cup Chopped Parsley
4 Scallions, Thinly Sliced
Olive Oil
Salt and Pepper

Dressing
1 TBL Toasted, Ground Cumin
½ Navel Orange, Juiced
1 Lemon, Juiced
1 TBL Honey
¼ Cup Extra Virgin Olive Oil
Salt and Pepper

Method:

Preheat Oven on Convection Steam Setting to 250 F

Season Beets with Olive Oil, Salt and Pepper and wrap tightly in foil. Transfer to a sheet tray and place in the oven for 30-40 minutes (or until tender). When the beets are tender and cooked through, remove from the oven and allow to cool slightly.

Dressing:

Whisk together Orange Juice, Cumin, Lemon Juice, and Honey. Slowly drizzle in the olive oil while whisking vigorously to create an emulsion. Season with salt and pepper to taste.

Reduce the Convection Steam Oven Temperature to 210 F, Lay the Quinoa flat in a ¼ sheet tray then scatter garlic and thyme evenly on top. Season with salt and pepper and transfer to the oven for 20 minutes or until the quinoa is tender and cooked through. Once the Quinoa is cooked through, remove from the oven and allow to cool.

Unwrap the beets and remove the skin with the help of a paper towel or kitchen towel. The skin should easily peel off. Dice into ¼ inch pieces, set aside.

Mix all the dry ingredients together in a large bowl, then add the dressing to taste.