

Cider-Glazed Carrot & Quinoa Salad



Ingredients

- 1 cup quinoa, rinsed well in a fine-mesh sieve
- Kosher salt
- 1/2 small onion, chopped
- 1/4 cup olive oil plus more for baking sheet
- 2 tablespoons apple cider
- 2 tablespoons honey
- Freshly ground black pepper
- 3 medium carrots (about 1/2 pounds) peeled, thinly sliced on a diagonal
- 1 tablespoon apple cider vinegar
- 2 teaspoons finely grated lemon zest
- 1 tablespoon fresh lemon juice
- 1/2 cup pickled beets, cut into matchsticks
- 2 tablespoons coarsely chopped fresh dill
- 1 head Bibb or butter lettuce, leaves torn

Info

- **Prep:** -
- **Cook:** 0
- **Serves:** 4
- [Source](#)

☆☆☆☆☆ from 0 votes



Rate

Directions

1. Preheat oven to 450°. Bring quinoa and 4 cups lightly salted water to a boil in a medium saucepan. Cover, reduce heat, and simmer until quinoa is tender, 10-15 minutes. Add onion; cook for 1 minute longer. Drain; return quinoa mixture to saucepan, cover, and let sit for 15 minutes. Fluff with a fork and transfer to a large bowl; let cool.
2. Meanwhile, lightly coat a large rimmed baking sheet with oil. Whisk cider and honey in a large

bowl to blend; season with salt and pepper. Add carrots and toss to coat. Transfer to prepared baking sheet and roast until tender, 15-20 minutes. Let cool.

3. Whisk vinegar, lemon zest, and lemon juice in a small bowl. Gradually add 1/4 cup oil, whisking until dressing is blended. Season vinaigrette with salt and pepper.
4. Add beets, dill, carrots, and half of vinaigrette to quinoa mixture and toss to coat. Add lettuce and remaining vinaigrette and toss to combine.
5. DO AHEAD: Quinoa, carrots, and vinaigrette can be made 6 hours ahead. Cover and chill separately.

[quinoa](#), [onion](#), [apple cider](#), [carrot](#), [apple cider vinegar](#), [lemon](#), [beets](#)

From:
<https://wiki.blessyourhe.art/> - **cookbook**

Permanent link:
https://wiki.blessyourhe.art/doku.php?id=recipes:salads:cider-glazed_carrot_quinoa_salad

Last update: **2024/01/07 13:33**

