



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Satsuma Quinoa Salad

<u>U.S.</u>		<u>Metric</u>
2/3 lb	Beets, washed, trimmed, medium dice	302.4 g
1 cup	Vegetable Stock	236.6 mL
1 cup	Quinoa	177 g
1/4 tsp	Salt, Kosher	1.5 g
5 each	Satsumas	5 each
1 Tbsp	Lemon Juice	15 mL
1/2 tsp	Black Pepper, ground	1.2 g
3 Tbsp	Olive Oil	45 mL
3 Tbsp	Parsley, fresh, minced	10.8 g
1/4 cup	Dates, pitted, chopped	37.3 g
1/2 each	Pomegranate	1/2 each
1/3 cup	Goat Cheese	70.8 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Wash and trim the beets, chop them into a medium dice. Toss the beets in 1/2 teaspoon of olive oil place on a pan and bake until fork tender.
4. Place water, vegetable stock, and quinoa in a pot on medium-high heat. Bring to a boil then reduce heat to low and cover. Allow to cook until quinoa is tender. Strain out any excess water and set in fridge to chill.
5. Zest and juice one Satsuma. Cut the other four Satsuma into segments. Combine the Satsuma juice with the zest, lemon juice, salt, pepper, 1 tablespoon of parsley and gradually whisk in oil to help fully incorporate it.
6. Combine quinoa with pomegranate seeds, Satsuma, dates, beets, and vinaigrette.
7. Top the salad with goat cheese and remaining parsley. Serve cold.

****Nutrition Facts on Reverse**

10/25/16

Nutrition Facts	
Serving size	1/2 cup
Servings	10
Calories	180
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	3.5 g
Cholesterol	5 mg
Sodium	100 mg
Carbohydrates	26 g
Dietary Fiber	4 g
Sugars	12 g
Protein	5 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	10 %
Iron	6 %
Phosphorus	98 mg
