



## **GARLIC SCAPE, BEET, AND QUINOA SALAD**

adapted from [motherrimmy.com](http://motherrimmy.com)

4 cups cooked quinoa  
(could use brown rice or another favorite cooked grain)  
½ cup garlic scapes thinly sliced  
2-3 golden beets  
steamed/roasted and chopped  
½ cup parsley chopped  
optional ¼ cup green onions thinly sliced  
2-4 tablespoons olive oil  
(Use the larger amounts if you like more dressing.)  
2-4 tablespoons of your favorite vinegar  
1-2 teaspoon Dijon Mustard  
½ tablespoon honey  
½ cup feta or goat cheese, crumbled

Combine olive oil, vinegar, Dijon mustard and honey in a bowl. Combine the remaining ingredients in another bowl and mix with dressing.  
Season with salt and pepper to taste and serve warm or chill for a cold salad.

