



## **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.



**Recipe Archive, LVFarm Academy**

[www.lowervalleyfarm.com](http://www.lowervalleyfarm.com)