

# Winter Greens, Parsnip & Beet Salad

*with Quinoa, Almonds & Manchego Cheese*

The art of a good salad is all about balance. In this recipe, we're bringing it all together. The earthy sweetness of parsnips and beets is accented by the lightly bitter frisée and peppery mustard greens. Toasted almonds bring out the naturally nutty flavor of quinoa. And the tanginess of the shallot-horseradish vinaigrette has a beautiful counterpoint in the rich, buttery saltiness of Manchego cheese (a sheep's milk variety made in Spain).



## Ingredients

- 10 Ounces Baby Beets
- 8 Ounces Parsnip
- 2 Ounces Chard
- 1 Bunch Mustard Greens
- 1 Head Frisée
- 1 Bunch Parsley

## Knick Knacks

- 3 Tablespoons Almonds
- 2 Ounces Manchego Cheese
- 1 1-Inch Piece Fresh Horseradish
- 1 Shallot
- 1 Tablespoon Red Wine Vinegar
- ¼ Cup White Quinoa

Makes 2 Servings

About 545 Calories Per Serving

Cooking Time: 35 to 45 minutes





1

**Boil & peel the beets:**

Heat 1 large pot of salted water and 1 small pot of salted water to boiling on high. Wash and dry the fresh produce. Once the large pot of water is boiling, add the **beets**. Cook 28 to 32 minutes, or until tender and easily pierced with a knife. Thoroughly drain. While still warm, using your fingers and a paper towel, gently rub the skin off each beet; discard the skins. Halve the beets and place in a small bowl. Set aside.

2

**Prepare the ingredients:**

Preheat the oven to 450°F. Separate the stems and leaves of the chard; discard the stems and roughly chop the leaves. Peel and large dice the parsnips. Separate the stems and leaves of the mustard greens; discard the stems and roughly chop the leaves. Trim off and discard the root and dark-green parts of the frisée; roughly chop the pale-green, inner leaves. Pick the parsley off the stems; discard the stems. Roughly chop the almonds. Remove and discard the Manchego cheese rind; crumble the cheese. Peel and finely grate the horseradish. Peel and mince the shallot to get 2 tablespoons of minced shallot; place in a bowl with the **vinegar**.

3

**Cook the quinoa:**

While the beets cook, add the **quinoa** to the small pot of boiling water. Cook 14 to 16 minutes, or until tender. Drain thoroughly and set aside.

4

**Roast the parsnip:**

While the quinoa cooks, place the **parsnip** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast, stirring half way through, 18 to 20 minutes, or until browned and tender when pierced with a knife.

5

**Toast the almonds:**

While the parsnips roast, heat a small, dry pan on medium-high until hot. Add the **almonds** and toast, stirring frequently, 2 to 3 minutes, or until fragrant. Transfer to a small bowl. Set aside.

6

**Make the dressing & plate your dish:**

Add the **horseradish** to the **shallot-vinegar mixture**; season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. Add some of the **dressing** to the bowl of **cooked beets**; season with salt and pepper and toss to coat. In a large bowl, combine the **chard**, **mustard greens**, **frisée**, **parsley**, **almonds**, **Manchego cheese** and **quinoa**; season with salt and pepper to taste. Add some of the **remaining dressing** (you may have extra) and toss to coat. Divide the salad between 2 dishes and top with the **dressed beets** and **roasted parsnip**. Enjoy!