

# Vitamin-boosted Black Quinoa Salad With Golden Beets

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-salmon-and-beet-salad-recipe>

## Ingredients:

- 2/3 cup black quinoa
- 2 ounces feta cheese French, crumbled
- 1 avocado
- lemon juice
- 1 grapefruit
- 2 slices salmon diced smoked
- 1 tablespoon parsley chopped
- 10 golden beets baby, cooked and peeled
- 1 teaspoon Dijon mustard honey
- 2 tablespoons white wine vinegar
- 6 tablespoons olive oil
- 2/3 cup black quinoa
- 2 ounces ricotta salata diced
- 1 ounce Parmesan cheese finely grated
- 1 avocado diced
- 2 tomatoes green Zebra
- 3 1/2 ounces haricots verts French beans
- 1 tablespoon parsley chopped
- 1 tablespoon coriander chopped
- 10 cherry tomatoes
- 1/2 cup red grapes
- 1 clove garlic minced finely
- 1 teaspoon Dijon mustard honey
- 2 tablespoons balsamic vinegar
- 6 tablespoons olive oil

## Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 25 milligrams
4. Fat: 66 grams
5. Fiber: 20 grams
6. Protein: 23 grams
7. SaturatedFat: 13 grams
8. Sodium: 470 milligrams
9. Sugar: 28 grams

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