



SPORTS NUTRITION

Weekly

Recipe: Sweet Quinoa Salad with Roasted

Beets, Peaches, Goat Cheese, and Fresh Mint

Beets have been getting a lot of attention in the sport performance world lately, and for good reason. These nutrient-packed root vegetables have recently been shown, in many forms (roasted, juiced, and concentrated), to improve high intensity exercise performance. Not only that, but they provide a natural form of sweetness and a vibrant pinkish color to liven up any recipe. This cold quinoa & beet salad can be prepared in bulk to save time, and stays fresh and delicious in the fridge for up to a week. Place a scoop on top of your breakfast yogurt, lunch salad, or warm it up to make it the star of the show beneath a piece of grilled chicken. It could even pass as dessert! This uniquely sweet and savory combination will leave your taste buds wanting more!

Ingredients:

Yield: 10 Servings

For the Quinoa:

- 1.5 cups of dry Quinoa
- 3 cups of water

For the Salad:

- 4 Medium Red Beets, Fresh, Whole
- 2 Peaches, Fresh, Whole
- 1- 4oz. package of plain goat cheese

For the Dressing:

- ½ teaspoon of salt
- 1 tablespoon of honey
- 1 Lemon, Juiced
- ¼ cup fresh mint leaves, chopped
- Beet juices from roasting

Directions:

Cut the top and bottom off beets. Drizzle and rub beets with 1 teaspoon of vegetable oil, wrap in aluminum foil, & bake at 375° for 1 hour. Check doneness by inserting a knife in the center. If it slides in easily, the beets are done. Use your fingertips to peel the skin off, slice into cubes, and place in the fridge to cool. Save any roasting juices left in the aluminum foil for later.

Rinse quinoa in a strainer before placing in boiling water. Cook for 15 minutes or until all water is absorbed, then remove from heat and keep covered for another 10 minutes. Fluff with a fork. Place in the fridge to cool.

Remove goat cheese from package. Pull marble-sized pieces from the log and roll between your hands to form a round ball. Once the goat cheese balls are made, place in the freezer for 20 minutes to harden.

Combine dressing ingredients. Pour over cold quinoa. Add cubed peaches, beets, and goat cheese balls. Stir to incorporate, and enjoy!

***Tip: Save the greens on top of the beet. They taste great sautéed with salt & pepper!**



Sweet Beet & Quinoa Salad

Amount	½ cup
Calories	160
Fat (g)	4
Sat. Fat (g)	2
Carb. (g)	25
Fiber (g)	3
Protein (g)	7

Gluten free.

For Sport Nutrition Questions, contact:

Shawn Dolan, PhD, RD, CSSD
(714) 277-5378; shawn.dolan@usoc.org

Kate Machado, MS, RD, CSSD
(619) 559-0488; kate.s.machado@gmail.com

Liz Fusco, BS
(707) 331-2981; liz.fusco.nutr@gmail.com

This recipe has a multitude of health benefits to offer. Quinoa is actually a seed, but it is a great source of many of the same nutrients found in whole grains. For example, B-vitamins, fiber, and iron promote sustained energy, fullness, and adequate oxygen in the blood. It also contains all 20 amino acids, making this “grain” a plant source of complete protein – great for vegetarians! Beetroot is one of the most naturally concentrated sources of nitrate available. Recently, research has shown that beet nitrates convert into nitric oxide in the body, which is a potent blood vessel dilator. By opening up the blood vessels, this allows more blood to flow to working muscles, delivering oxygen and fuel to them. This has been shown to improve race finish times and maximal power output, while decreasing feelings of fatigue. Nitric oxide obtained from beets also has the ability to lower blood pressure. The deep red color of reflects its’ high amount of antioxidants, which will help to relieve oxidative stress placed on the body from exercise.

