

### Ingredients

Preparation time: 1 hour

Servings: 10

#### For the Salad:

- 4 medium red beets
- 1 tsp. vegetable oil
- 1.5 cups of dry Quinoa
- 3 cups of water
- 1- 4oz. package of goat cheese
- 2 peaches, cubed

#### For the Dressing:

- ½ tsp. salt
- 1 Tbsp. honey
- 1 Lemon, Juiced
- ¼ cup fresh mint leaves,  
chopped
- beet juices from roasting

### Directions

1. Cut the top and bottom off beets. Drizzle with 1 teaspoon of 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 put in the fridge. Save any roasting juices left in the aluminum foil for later.
2. 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.
3. Remove goat cheese from package. Pull marble-sized pieces from the cheese and roll between your hands to form a round ball. Once the goat cheese balls are made, place in the freezer for 20 minutes.
4. Combine dressing ingredients and pour over quinoa. Add cubed peaches, beets, and goat cheese balls. Stir until well incorporated.



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

#### Sweet Beet and Quinoa Salad

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

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### Cooking Tip

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. Save the greens on top of the beet; they taste great sautéed with salt & pepper! Scoop over a bowl of greens and top with sliced chicken or seared fish for a complete meal.

### Performance Facts

Beetroot is one of the most naturally concentrated sources of nitrate available. 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 and perceived exertion.



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