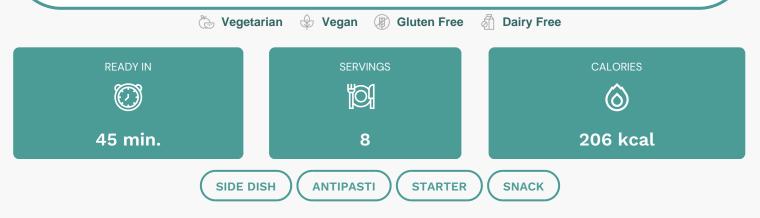


Warm Quinoa Salad with Roasted Autumn Vegetables and Ginger-Scallion Dressing



Ingredients

Ш	0.3 teaspoon pepper black as needed freshly ground plus more
	4 ounces brussels sprouts trimmed quartered (6 to 8 medium Brussels sprouts)
	4 ounces carrots peeled cut into 1/2-inch pieces (1 large carrot)
	0.3 cup cilantro leaves fresh coarsely chopped
	2 tablespoons ginger fresh peeled finely chopped (from a 3- to 4-inch piece)
	1 teaspoon kosher salt as needed plus more
П	3 tablespoons olive oil

	4 ounces parsnips peeled cut into 1/2-inch pieces (1 medium parsnip)
	1.3 cups quinoa
	1 bunch spring onion light white green thinly sliced (and parts only)
	1 teaspoon sesame oil toasted
	3 tablespoons sherry vinegar
	2 tablespoons soya sauce
	8 ounces sweet potatoes and into peeled cut into 1/2-inch pieces (1 medium sweet potato)
	4 ounces turnip white peeled cut into 1/2-inch pieces (1 small turnip)
Equipment	
	bowl
	baking sheet
	oven
	whisk
	sieve
Directions	
	Heat the oven to 400°F and arrange a rack in the middle.
	Place the sweet potato, Brussels sprouts, carrot, parsnip, turnip, oil, and measured salt and pepper in a large bowl and toss to combine.
	Transfer the vegetables to a baking sheet and arrange in an even layer; set the bowl aside (no need to wipe it out). Roast the vegetables, stirring every 5 minutes, until they're tender and cooked through, about 18 to 20 minutes. Meanwhile, cook the quinoa.
	Place all of the ingredients except the cilantro in the reserved bowl from the veggies and whisk to combine; set aside. When the quinoa is ready, drain it through a fine-mesh strainer and add it to the bowl with the dressing.
	Add the roasted vegetables and toss to combine. Taste and season with salt and pepper as needed.
	Sprinkle with the cilantro (if using) and serve immediately or at room temperature.

Nutrition Facts

Properties

Glycemic Index:48.48, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:17.057826000711%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 205.87kcal (10.29%), Fat: 7.54g (11.6%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 24.92g (9.06%), Sugar: 3.57g (3.97%), Cholesterol: Omg (0%), Sodium: 584.72mg (25.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.68g (11.37%), Vitamin A: 6564.57IU (131.29%), Manganese: 0.82mg (41.21%), Vitamin K: 41.77µg (39.78%), Vitamin C: 19.77mg (23.96%), Folate: 78.2µg (19.55%), Fiber: 4.77g (19.1%), Magnesium: 73.67mg (18.42%), Phosphorus: 171.69mg (17.17%), Vitamin B6: 0.28mg (13.96%), Potassium: 456.64mg (13.05%), Vitamin E: 1.95mg (13.02%), Copper: 0.26mg (13.01%), Vitamin B1: 0.17mg (11.36%), Iron: 1.99mg (11.04%), Vitamin B2: 0.14mg (8.52%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.65mg (6.54%), Vitamin B3: 1.18mg (5.88%), Calcium: 45.5mg (4.55%), Selenium: 3.1µg (4.43%)