

beet bliss bowl

1 cup quinoa. 1 cup beets. 14 ounce can chickpeas. 1 1/2 cups water. 1 teaspoon olive oil. 3/4 teaspoon salt. 1/2 teaspoon pepper. 1/2 teaspoon granulated garlic. 1/2 teaspoon cumin. 1/2 teaspoon ground coriander. 1/2 teaspoon dried thyme. 2 tablespoons olive oil. 2 tablespoons red wine vinegar. 1 tablespoon orange zest. 2 tablespoons orange juice. 1 teaspoon honey. 1/4 cup thinly sliced red onion. 1/4 cup basil leaves. a couple of handfuls baby arugula. 1/4 cup slivered almonds. garnish: microgreens, avocado, watermelon radish, and the goat cheese crumbles

in a medium pot, add rinsed quinoa, chickpeas, beets, water, olive oil, salt, pepper, garlic, cumin, coriander, dried thyme. stir. bring to a boil, cover, and simmer. let stand 5-10 minutes. place in a bowl, toss gently with fork. add olive oil, vinegar, orange zest and orange juice, maple syrup, and toss. add the red onions, basil and arugula. toss. serve in bowls with a handful of microgreens, sliced avocado, and the

