



Makes 4 bowls
Preparation Time: 30 minutes
Cook Time: 1 hours 10 minutes

INGREDIENTS:

4 medium red and/or yellow beets, peeled and cut into ½-inch pieces

¼ cup white wine vinegar

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

4 cups small broccoli florets

1 tablespoon orange zest

½ cup orange juice

2 teaspoons fresh thyme

4 cups cooked quinoa

½ of a small avocado, halved, pitted, peeled, and sliced

Quinoa Broccoli Bowls with Roasted Beets

We know **beets** can be a controversial ingredient: Some say they taste like dirt; others say they're nature's candy. No matter where you stand on the spectrum, these roasted beet and broccoli bowls are a delicious way to enjoy the hearty root vegetable. To start, roast some multicolored beets in tin foil packets so they get deliciously tender without becoming charred or losing their moisture. Next, add some vibrant steamed **broccoli** to the mix and toss everything with a citrus-thyme dressing to complement the earthy flavors. The finishing touch involves spooning the veggies over a bed of quinoa (or any other whole grain of choice) and topping everything with creamy avocado slices. Now all that's left to do is dig into this garden feast with glee!

For more amazing vegan beet recipes, check out these tasty ideas:

- [Roasted Beet Falafel with Chile-Lime Tahini Sauce](#)
- [Moroccan Carrot-Beet Salad](#)
- [Springtime Beet Soup](#)
- [Tartines with Wasabi-Ginger Beet and Avocadosa](#)

By Ellen Boeke

- 1 Preheat oven to 425°F. Keep beet colors separate for roasting. Cut four 12-inch pieces of foil. In a medium bowl toss yellow beets with 1 tablespoon of the vinegar and ⅛ teaspoon each salt and pepper. Transfer beets to one piece of foil; top with second piece of foil and fold edges together to create a packet. Repeat with red beets, placing them in a separate packet. (If using one color of beet, cut two 24-inch pieces of foil.) Place packets on a baking sheet. Roast 50 to 60 minutes or until very tender. Remove from oven; cool on a wire rack about 15 minutes. Chill beets until ready to serve.
- 2 Meanwhile, place broccoli in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 5 to 8 minutes or until tender. Chill until ready to serve.
- 3 For dressing, in a large bowl whisk together the remaining 2 tablespoons vinegar, the orange zest, orange juice, thyme, and additional salt and pepper to taste. Add chilled roasted beets and broccoli. Toss to combine.
- 4 To assemble bowls, divide cooked quinoa among 4 bowls. Spoon broccoli mixture over quinoa. Drizzle any leftover dressing over top. Garnish with avocado slices.