



Bitter Greens & Quinoa Bowl with Mustard Dressing

This Bitter Greens & Quinoa Bowl with Mustard Dressing is a vibrant, satisfying meal that balances earthy grains with the refreshing bite of bitter greens.

Servings: 3-4

Preparation Time: 35 minutes

Ingredients

For the Quinoa

- 1 cup **quinoa**, rinsed well
- 2 cups water
- Pinch **Himalayan pink salt**

For the Roasted Beets

- 2 medium beets, peeled and cut into ½-inch cubes
- 1 tablespoon **olive oil**
- ¼ teaspoon **Himalayan pink salt**
- ¼ teaspoon **black pepper**

For the Bowl

- 2 cups fresh arugula
- 1 cup radicchio, thinly sliced
- ¼ cup **unsalted toasted pumpkin seeds**
- 2 tablespoons chopped fresh parsley (optional)

Bitter Greens & Quinoa Bowl with Mustard Dressing (Cont.)



Ingredients (Cont.)

For the Mustard Dressing

- 2 tablespoons **olive oil**
- 1 tablespoon fresh lemon juice
- 1 teaspoon **Dijon mustard**
- ½ teaspoon **raw honey** (optional, for balance)
- Pinch **Himalayan pink salt**
- Freshly **ground black pepper**

Instructions

1. Cook the quinoa

In a small saucepan, combine quinoa, water, and a pinch of salt. Bring to a boil, then reduce the heat to low and cover. Cook for 15 minutes, until the quinoa is tender and the water is absorbed. Remove from the heat and add the arugula and radicchio on top to wilt them. Let it sit covered for 10 minutes, then fluff with a fork.

2. Roast the beets

Preheat oven to 400°F (200°C). Place beet cubes on a baking sheet and toss with olive oil, salt, and black pepper. Spread them in a single layer. Roast for 20 minutes, or until tender and lightly caramelized.

Bitter Greens & Quinoa Bowl with Mustard Dressing (Cont.)



Instructions (Cont.)

3. Prepare the dressing

In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, raw honey (if using), salt, and pepper until smooth.

4. Assemble the bowl

In a large serving bowl or individual bowls, combine the cooked quinoa, arugula, and radicchio with the roasted beets and pumpkin seeds.

Drizzle with mustard dressing and toss gently to combine.

5. Serve

Finish with chopped parsley if desired and an extra sprinkle of pumpkin seeds for texture. Serve slightly warm or at room temperature.

Serving Suggestions

This bowl works well as a nourishing lunch or light dinner. It can also be served alongside roasted vegetables or a simple soup for a more substantial meal.

Bitter Greens & Quinoa Bowl with Mustard Dressing (Cont.)



While warming, this is excellent for all types during damp spring months. Pitta types should use caution with the mustard and black pepper. Vata should use caution with the bitter greens, which can cause gas and bloating.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

