



## **Plant Power Vegetarian Dinner Salad**

*Antioxidants abound in this nutrient-rich salad*

### **Ingredients for Roasted Salad Vegetables:**

- 1 cup peeled sliced/chopped parsnips
- 1-1/2 cups slant sliced carrots
- 1 Tablespoon olive oil
- Salt; ground black pepper as desired
- 2 Tablespoons prepared reserved orange lemon ginger dressing

**Prepared Roasted Vegetables:** Preheat oven to 425 degrees F. Place sliced parsnips and carrots on large foil lined baking pan. Toss vegetables with olive oil to coat; sprinkle with salt and black pepper as desired. Bake in preheated oven for 15 to 20 minutes; stirring vegetables once during roasting. Remove when vegetables are tender and lightly browned. Place in small bowl; stir in reserved 2 Tablespoons ginger dressing over the hot vegetables; place in refrigerator until serving.

### **Ingredients for Orange Lemon Ginger Dressing:**

1 Tablespoon honey  
1/2 Tablespoon grated fresh ginger  
2 Tablespoons white balsamic vinegar  
1 teaspoon Dijon mustard  
1 teaspoon grated orange zest  
1 Tablespoon (each) lemon juice; orange juice  
1 garlic clove, minced  
2 Tablespoons olive oil, divided  
Salt; ground black pepper as desired

**Prepare Dressing:** Meanwhile while roasting vegetables, prepare dressing in small bowl. Whisk together first 8 ingredients; whisk in 1 Tablespoon olive oil. Set aside. 2 Tablespoons prepared dressing. Chill until serving. Whisk in remaining 1 Tablespoon oil before serving if desired.

### **Ingredients for Salad**

1 (5 ounce) package super greens salad mix or baby kale salad mix  
1/4 cup thinly sliced red onion  
1/3 cup dried cranberries  
1 cup fresh blueberries  
2/3 cup coarse chopped or broken walnuts  
1 cup cooked red quinoa  
2 Tablespoons hemp hearts, optional

**Prepare Salad:** In large bowl, combine super greens or kale salad mix; add marinated roasted vegetables, red onions, cranberries, blueberries, and walnuts. Drizzle with 2 Tablespoons chilled dressing; toss to lightly coat. In separate small bowl, combine quinoa and hemp hearts.

**For Serving:** In center of large salad bowl, spoon the quinoa mixture; place the mixed green salad over the quinoa. Drizzle with remaining ginger dressing. Serves: about 6

**Cook's Note:** The recipe looks difficult but it's easy to make. Save time by making the vegetables, dressing, and cooking the quinoa ahead of time. That takes only about 30 minutes. Make sure to cut the vegetables thin for quick roasting and prepare dressing in a small bowl. Then when ready to serve, put all the prepared ingredients together.

**About the Recipe:** This salad is nutrient dense with antioxidants, filled with lots of fruits and vegetables, and has added plant protein from the quinoa and hemp hearts. The unique roasted vegetables are lightly marinated in dressing, adding another layer of roasted flavor. This hearty vegetarian salad would make a delicious main-dish supper salad.