

Quick & Easy

THE COSTCO WAY

Seeds of Change™ Organic Quinoa & Brown Rice Salad

Makes 6 servings

Ingredients:

1 pouch Seeds of Change™ Organic Quinoa & Brown Rice
1½ Tbsp balsamic vinegar
½ tsp Dijon mustard
1 Tbsp shallots, minced
¼ tsp salt
Pinch of black pepper
2 Tbsp walnut or avocado oil
3 cups arugula, lightly packed
4 medium beets, roasted and cut into bite-sized chunks
¼ cup pistachios
¼ cup goat cheese, crumbled

Instructions:

Massage pouch of Seeds of Change™. Tear the corner. Place in the microwave for 90 seconds. Pour grains into a wide bowl. Stir and spread out to cool for about 5 minutes. In a small bowl, combine balsamic vinegar, Dijon mustard, shallots, salt, pepper and oil. Stir to combine. In a salad bowl, add arugula, beets, pistachios and cooled grains. Drizzle with dressing. Toss to mix. Top with goat cheese. Serve immediately.

Tip: Make a warm winter salad by skipping the cooling step for the grains and using baby spinach for the greens. Toss while the grains are still warm and enjoy immediately.

For more Seeds of Change™ recipes visit: <https://www.seedsofchange.com/recipes>

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