

# three eighty ate

## Pickled Spiral Beet Salad, Frisée, Granny Smith Apples, Toasted Red Quinoa

Serves 8

### **Ingredients**

16 oz. Spiral cut raw beets  
½ c. Cider Vinegar  
1 Tbsp. Kosher Salt  
1 Tbsp. Granulated Sugar  
1 Garlic Clove (peeled, cut in ½)  
2 heads Frisee Greens (cut in ¼ inch pieces, washed & drained)  
2 ea. Granny Smith Apples (cut in quarters, seeds removed, slice thinly)  
1tsp. fresh lemon juice (to keep apple from oxidizing)  
¼ c. Cooked Red Quinoa (cooled & reserved)  
4 oz. Aged Sherry Vinaigrette (see Recipe)

### **Procedure:**

Prepare the Sherry Vinaigrette:

### **Ingredients:**

1 tsp. Dijon mustard  
1/8 tsp. kosher salt  
1 pinch fresh ground black pepper  
1 oz. apple cider vinegar  
2 oz. canola oil  
1 oz. extra virgin olive oil  
1 Tbsp. Fresh chopped chives

### **Procedure:**

Place mustard, salt, black pepper, and vinegar in a small bowl, whisk together until well combined. Begin to slowly add canola oil in a steady stream while continuously whisking, once added begin adding olive oil in a steady stream while whisking. Once all oil is added stir in chives. Taste and adjust salt and pepper as needed. Reserve in refrigerator until ready for use.

### **Pickle the beets:**

Place cider vinegar, kosher salt, sugar and garlic clove in a small saucepan over high heat, bring to a boil. Place beets in a bowl, once vinegar is boiling remove from heat and pour over beets. Press beets down into liquid until submerged, place beet vinegar mixture in refrigerator to cool until ready to use.

Cook quinoa: according to package instructions, fluff with fork and allow to cool.

Prepare frisee greens: cut wash and drain.

Prepare apples: by cutting into quarters then removing core and seeds, slice thinly and reserve in a mixture of water and lemon juice ( just enough to cover apples) this will keep them from turning brown while preparing other ingredients

### **Toast the Quinoa:**

Heat a small sauté pan on med high heat, as pan begins to get hot add cooked quinoa, stir and allow to cook 1 minute.

Continue to stir and cook over heat until all moisture has evaporated. At this point the quinoa will begin to toast and lightly brown. Continue to stir and cook an additional 1-2 minutes. When finished place on a dry paper towel to cool.

### **Assemble the salad:**

Remove beets from pickling liquid and drain on a towel to remove excess liquid. In a mixing bowl, place frisee', apples, drained beets and ½ the dressing. Mix lightly to combine. Arrange in chilled salad bowls or plates, drizzle plates with remaining dressing, sprinkle toasted quinoa on top.

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**Spaghetti, Spaghetti** (Spaghetti Squash, Zucchini, Whole Grain Spaghetti)

Serves 8

## Ingredients

1 large Spaghetti Squash  
12 oz. Julienne cut Zucchini  
1 lb. Whole Grain Spaghetti  
4 ea. thinly sliced Garlic Cloves  
3 Tbsp. Olive oil (1 for Roasting) (2 for sautéing)  
1 tsp. Kosher Salt + more for pasta water  
Ground Black Pepper to taste  
2 Tbsp. Fresh Flat leaf parsley (chopped)  
1 tsp. Fresh Sage (chopped)  
¼ c. Pecorino Romano Cheese (Grated)

## Procedure

Pre heat oven to 400 degrees, carefully cut spaghetti squash in half length -wise and scoop out seeds. Drizzle inside with 1 Tbsp. olive oil, season with salt and pepper. Place squash cut side down on a baking sheet and poke a few holes in the skin with a fork. Roast squash 30- 40 minutes. Once roasted, cool enough to touch and use fork to scrape out the strands. Reserve them for the sautéing part of the recipe.

Cook the Pasta:

Fill a large pot with water add 2 generous pinches of salt and bring to a boil. Once boiling, add pasta and stir right away, allow to cook for 2 minutes and stir again, continue to cook and occasionally stir until tender.

While the pasta is cooking,

Prepare the sauté: in a large heavy bottomed skillet/ frying pan, add the remaining olive oil and sliced garlic.

Heat oil on med high heat until garlic starts to sizzle and begins to slightly color around edges.

Add julienne zucchini and sauté 1 minute. It's important not to overcook the zucchini or it will be mushy

Next add the spaghetti squash and cook additional 2-3 minutes. Avoid stirring too much as to not break up the vegetables.

Strain pasta and allow to drain, add pasta to skillet along with chopped parsley, sage salt & pepper. Toss gently until combined

Taste a little of the pasta and adjust seasoning as needed

Serve portions in a bowl then top with grated cheese.

An additional drizzle of extra virgin olive oil is optional but a nice finish to the dish