

Roasted Carrots and Quinoa with Miso Dressing

This vegetarian main course is an excellent study in building a salad with substance. Roasted carrots and onion provide sink-your-teeth-into-something satisfaction along with caramelized flavor, wilted spinach offers color contrast, and nutty, chewy quinoa adds protein.

Serves 4

1 pound carrots, peeled and cut into 1-inch pieces

1 small red onion, cut into ½-inch wedges

1 tablespoon fresh thyme leaves

3 tablespoons extra-virgin olive oil

Coarse salt and freshly ground pepper

1 cup quinoa, preferably red, rinsed

1¼ cups water

3 cups baby spinach

1 tablespoon white (shiro) miso

1 tablespoon fresh lemon juice

1. Preheat oven to 400°F. Toss together carrots, onion, thyme, and 2 tablespoons oil on a rimmed baking sheet. Season with salt and pepper, and spread in a single layer. Roast until tender, tossing halfway through, about 40 minutes.

2. Bring quinoa and the water to a boil in a small saucepan. Cover; reduce heat and simmer until tender, about 15 minutes. Remove from heat. Add spinach, cover, and let stand 5 minutes.

3. Transfer to a large bowl; top with carrot mixture. In a small bowl, whisk together miso, lemon juice, and remaining tablespoon oil. Drizzle over salad, toss to combine, and serve.

TIP

Be sure to use white (shiro) miso in the dressing; it's sweeter, milder tasting, and less salty than other types.

