"POKE"
SERVES 12
1 lb. Chioggia beets, 1-inch dice
1 lb. peeled sweet potato or yam
½ lb. shiitake mushrooms, 1-inch dice
¾ lb. edamame, shelled (frozen & thawed)
¼-inch slice
5 avocados, peeled and cubed, 1-inch dice
1 bunch scallions, cut into small batons
2 Tbsp. hijiki seaweed, dried
1 bunch radish, trimmed and grated
1 pound baby spinach
3 cups quinoa
4 Tbsp. Sambal Oelek chili paste

"POKE" PREPARATION:
1. Soak hijiki in hot water for 30 minutes or cold water overnight.
2. Cook quinoa by adding equal amount of water, bring to a boil for 10-15 minutes until tender, then cool.
3. Steam (or boil) beets until tender, approx. 20 minutes, then cool.
4. Toss sweet potatoes with oil, salt & pepper and roast in oven at 350° for 12 minutes until they are golden brown & just cooked through, then cool.
5. Toss shiitake mushroom with sesame oil and salt. Roast in oven for 15 minutes at 350° until golden brown & lightly crisp, then cool.
6. Run radish through food processor on grater attachment.
7. Defrost and rinse edamame.
8. Cube avocado, cut chives into small batons.

MISO SESAME DRESSING
(REQUIRES 2 CUPS)
2 Tbsp. Dijon mustard
1 ounce fresh ginger, peeled and grated
½ cup tamari or soy sauce
2 Tbsp. sesame oil
¼ cup rice wine vinegar
2 Tbsp. white miso paste
2 Tbsp. brown sugar
1 garlic clove
1 cup canola oil
3 oz. lemon juice
½ oz. black sesame seeds
½ oz. white sesame seeds

MISO SESAME DRESSING PREPARATION:
1. Combine all dressing ingredients; puree in blender until smooth.
2. Combine quinoa, beets, sweet potato, edamame, jicama, radish, half the hijiki, half the scallions, shiitake mushroom and radish. Mix well and toss with baby spinach. Add dressing, mix well. Add 3/4 of avocado and mix gently.

Garnish with reserved hijiki, avocado and sesame seeds.
Note: Keep ingredients separate and compose the bowl with the spinach on the bottom, a mound of quinoa on top and the individual ingredients arrayed around the top of the bowl.