

Recipe for



SWEET POTATO QUINOA SALAD

SERVES 2-4

PREP TIME Approx 20 minutes

TOTAL TIME Approx 35 minutes

OVEN TEMP 400 F

INGREDIENTS

2 medium sweet potatoes

1/2 cup quinoa

3 - 5 cups of super greens

1/4 diced white Onion

1 diced red or yellow bell pepper

1/4 - 1/2 cup acv mustard dressing

DIRECTIONS

- Pre heat oven to 400F
- Wash sweet potatoes, pierce with a knife and place on baking sheet in oven for 40 mins
- Add 1.5 cups of water to pot (Optional: 1/2 squeezed lemon for flavor). Bring water to a boil and add 1/2 cup of red quinoa. Reduce heat to simmer and simmer uncovered until quinoa has opened and water evaporated or approx 30 minutes.
- Dice white onion, and red/yellow bell pepper
- Add 3 - 4 cups of super greens to large salad bowl
- Once quinoa is cooked. Allow to cool 3 - 4 minutes before fluffing. Add 1/2 cup over super greens.
- Once sweet potatoes are soft and the skin easily peels off, remove the skin and cut into 1/2 inch squares and add to salad
- Add diced red peppers, onion and optional additional herbs & spiced
- Gently fold contents together before adding dressing

Optional Additions: 1 1/2 tsp of cinnamon and 2 tbsp of cracked rosemary - add to salad after sweet potatoes