

Glenna's Sweet Potato Quinoa Salad



Sweet Potato Quinoa Salad

This recipe is from one of my co-worker's named Glenna. She made it for our staff luncheon during Teacher appreciation week. I filled 1/2 my plate with this yummy dish. The roasted vegetables compliment the quinoa perfectly. I love it because it is very easy to make and filled with so much flavor!

Ingredients:

2 1/2 cups cooked organic red quinoa

1 pound (approx 4 medium) sweet potato

1 red bell pepper (I used green)

1/4 cup minced red onion

fresh ground pepper

sea salt

1/4 cup extra virgin olive oil

2 tablespoon balsamic, sherry or red wine vinegar

1/4 cup fresh chives or parsley leaves

Directions:

Cook quinoa according to package directions using vegetable broth instead of water. Cut up sweet potatoes pepper and onion and place on a sheet pan. Coat the vegetables with some of the olive oil, salt and pepper. Roast vegetables at 400 for about 40 minutes, turning occasionally during roasting. Combine vegetables with the quinoa. Whisk the remaining olive oil with the vinegar. Pour over the quinoa mixture. Stir to combine. Add salt and pepper to taste. Garnish with chives or parsley. Salad can be served warm or cold.

