

Spiced Apple Cider and Sweet Potato Quinoa Bowl

A Wholesome Harvest Salad



INGREDIENTS:

FOR QUINOA

- 1 1/4 cup apple cider
- 1 cup white quinoa
- 1 teaspoon salt

FOR SALAD

- 2 sweet potatoes
- 3 tablespoons olive oil
- 2 cups baby kale
- 1 cup fresh apple slices
- 1/4 cup red onion, diced
- 1/4 cup dried cranberries
- 1/4 cup toasted walnuts
- 1/4 cup minced parsley

FOR DRESSING

- 1 clove of garlic
- 2 tablespoons dijon mustard
- 2 tablespoons apple cider
- 3 tablespoons apple cider vinegar
- 1/4 cup olive oil
- Salt to taste

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. In a small pot, add the apple cider and quinoa and salt. Bring to a simmer over medium heat and cover with a lid. Reduce the heat to low and simmer for 20 minutes.
3. Peel and dice the sweet potatoes into bite-size pieces. Toss the sweet potatoes with olive oil and salt and roast on a baking sheet for 20 minutes.
4. In a blender, combine the garlic, dijon mustard, apple cider, apple cider vinegar and olive oil and puree until smooth. Add salt and pepper to taste.
5. On a bed of baby kale, pile the quinoa and then arrange the roasted sweet potatoes, apples and walnuts on top and drizzle with the dressing.

credit: heatherchristo.com



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