

Sweet Potato



One medium-sized, baked sweet potato provides a total of 103 calories, 24 grams of carbohydrates, 3.8 grams of fiber and 7.39 grams of sugar. It also provides 2.29 grams of protein, less than 1 gram of total fat and 41 milligrams of sodium. Sweet potato is a rich source of vitamin A, along with vitamins B-6, C, E, K, thiamin, riboflavin, niacin, folate and pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese and selenium.

Sweet Potato, Pear and Kale Quinoa Salad

Serves 4-6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

1 ½ cups quinoa, rinsed

2 ½ cups vegetable broth or water

3 tablespoon olive oil

3 cups sweet potato, peeled and diced

4 cups chopped kale leaves

1 large Bartlett pear, diced

½ teaspoon salt

2 tablespoons Balsamic vinegar

Optional toppings: dried cherries, chopped pecans, goat cheese crumbles

Directions

1. Add the quinoa and vegetable broth to a medium pot, and turn on to high heat. Once it starts to boil, reduce the heat to a simmer and cover. Simmer until cooked, about 12 – 15 minutes. While quinoa is cooking, add olive oil to a large skillet over medium-high heat. Once heated add the diced sweet potatoes and salt, then cover. Stir occasionally, and if it starts to brown too much, add a little water or broth. Cook until almost tender, about 7 minutes, then add the kale and continue to stir until it wilts, about 2 minutes. Remove from heat and let it cool slightly. Add the diced pear to the sweet potatoes.
2. Once quinoa is cooked and cooled slightly add it to the sweet potatoes. Drizzle with the Balsamic vinegar. Top with goat cheese and chopped pecans, optional.
3. Serve warm, room temperature, or cold!