



Chopped Salad w/ Quinoa, Sweet Potatoes & Apple

Ingredients:

1.5 cups cooked red quinoa
1 lb. sweet potatoes (about 2 large), cut into 1/2" cubes
1 Tbsp. extra virgin olive oil
salt + pepper
2 large apples, diced
8 cups packed baby greens (arugula, kale, red romaine...a mix looks pretty)
1/4 cup flat leaf parsley
1/4 of a medium red onion, thinly sliced

Dressing:

1/4 cup apple cider vinegar
1-2 tsp. Dijon mustard
1/4 cup extra virgin olive oil
Pinch of salt and pepper

Directions:

Preheat the oven to 400'.

Cook quinoa per package. Set aside, let cool.

On a rimmed baking sheet, toss the sweet potatoes with the olive oil and a hearty pinch of salt and pepper. Bake in the upper third of the oven for about 25 minutes until golden. Let cool.

In a large bowl, whisk together the cider vinegar, mustard, olive oil and pinch of salt and pepper. Add the cooled quinoa, potatoes, apple, greens, parsley and onion. Toss everything to coat. Serve immediately.

Compliments of Sproutedkitchen.com