



# Sweet Potato Quinoa Salad

8 Servings • 1 Serving = ½ cup

## INGREDIENTS

- 2 cups cooked quinoa
- 2 cups roasted, diced sweet potatoes
- 1 cup raw kale, finely chopped
- ¼ cup dried cranberries
- ¼ cup pecans
- Optional: avocado, chickpeas

### Dressing:

- ¼ cup olive oil
- 1 Tablespoon red wine vinegar
- Juice from ¼ lemon
- 1 Tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

## DIRECTIONS

1. Cook quinoa according to package instructions.
2. Dice 1-2 sweet potatoes. Bake at 425 F for about 35 minutes or until golden brown.
3. Finely chop kale..
4. Add the quinoa, sweet potato, kale, dried cranberries, and pecans to a bowl. Toss to mix.
5. Add all dressing ingredients to a mason jar. Shake vigorously to mix.
6. Pour about a ¼ cup of dressing over the salad. Add more to taste.
7. Optional: Add diced avocado and/or chickpeas to create a more filling side dish or meal.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup (104g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Sodium 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 226mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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