

# Roasted Sweet Potato, Spinach & Quinoa Salad

## **Ingredients:**

- \* 2 Tablespoons Olive Oil
- \* 1/2 tsp Garlic Powder
- \* 1 cup Organic Quinoa, thoroughly rinses
- \* 2 Cups Organic Chicken (or Veg) Stock
- \* 2 Big Handfuls Organic Spinach, stems removed and roughly chopped
- \* 1/3 Cup Dried Cranberries
- \* 1/3 Cup Slivered Almonds
- \* 1/2 Red Onion, sliced thin
- \* 2 medium Sweet Potatoes

## **Lemon Vinaigrette:**

- \* 2 Tablespoons White Wine Vinegar
- \* 1/2 Tablespoon Dijon Mustard (do not substitute)
- \* 1TBS Honey
- \* 1/2 tsp Dried Oregano
- \* Juice from 1 Lemon
- \* 1/2 Cup Olive Oil
- \* 1/2 tsp Sea Salt
- \* Freshly Ground Black Pepper

## **Directions:**

- Preheat the oven to 425° F
- Peel and dice the sweet potato in even cubes. Toss them in a bowl along with the garlic powder and drizzle them with the olive oil. Season liberally with salt and pepper. Place them on 2 baking sheets lined with parchment paper or a Silpat. If you crowd all the potatoes together they steam vs roast. Roast for 15 minutes, give them a stir and check for doneness. Roast another 5-10 minutes or until done but not mushy.
- Meanwhile add the chicken (or veg) stock to a saucepan and bring to a boil. Add the rinsed quinoa, cover and lower the heat to a simmer. Cook for approx. 15 minutes or until all the water has been absorbed. When done, fluff with a fork and set a clean dish cloth over it to steam.