



QUINOA WITH SWEET POTATOES

Makes 4 servings.

I like the texture and taste of this flavorful, highly nutritious and attractive dish.

INGREDIENTS

- 2 medium sweet potatoes
- 3 tablespoons extra virgin olive oil
- Kosher salt
- Freshly ground black pepper
- $\frac{3}{4}$ cups quinoa
- 1 coup loosely packed flat leaf parsley, coarsely chopped
- 2- 3 tablespoons lemon juice

PREPARATION

1. Preheat the oven to 375F.
2. Peel the sweet potatoes and cut into small cubes. Place on a foil lined baking sheet and toss with the olive oil, salt and pepper. It should be combined well. Spread the cubes.
3. Bake for about 10 minutes; the potatoes will still be crunchy.
4. In a small heavy covered saucepan bring to a boil, over high heat, 1 cup of water and $\frac{1}{4}$ teaspoon salt. Sprinkle over the quinoa and cook, covered for 10 minutes, or until all the water is absorbed. If the grains are still not tender, add 1 to 2 tablespoons hot water and continue cooking.
5. Transfer to a large bowl, add the potatoes, parsley, lemon juice, salt and pepper.
6. Before serving adjust the seasoning.