

Caramelized Sweet Potato with Quinoa

Ingredients:

4 sweet potatoes, chopped
 2 tbsp. extra virgin olive oil
 ¼ tsp. salt
 ½ tsp. ground black pepper
 1 onion, diced
 2 garlic cloves, minced
 ½ tsp. fresh ginger, minced
 1 tbsp. curry
 3 cups kale, chopped
 1 1/2 cup quinoa, dry
 3 cups low sodium vegetable broth
 ¼ cup lemon juice
 1 tbsp. extra virgin olive oil



Directions:

1. Peel the sweet potatoes and slice them ¼ inch thick. Toss them with salt and olive oil. Place them on a baking sheet covered with non stick tin foil or parchment paper.
2. Cover with foil or another baking sheet. Put the dish into a cold oven (this is important, as the gradual rise in temperature helps bring out the sweet potato flavors).
3. Turn on the oven to 450 Bake for about 30 min. until dark orange and soft.
4. Uncover, and bake for about 15 more minutes or until they get quite dark and caramelized, flip them and bake until the other side is done as well.
5. In the mean time in a medium pot heat up the olive oil and sauté the onion in it.
6. Then add the garlic, ginger and the curry powder and sauté until sizzling and fragrant.
7. Now add the greens and stir until wilted.
8. Add the Quinoa to the pot along with 3 cups stock or salted water. Simmer under a lid until all the liquid is absorbed about 15 minutes.
9. Fluff the quinoa with a fork, season to taste and add the olive oil.
10. Serve Quinoa topped with caramelized sweet potato.

Nutrition Facts

Serving Size 1 1/2 cups (340g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 53g	18%
Dietary Fiber 8g	32%
Sugars 10g	
Protein 9g	
Vitamin A 190%	Vitamin C 100%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	