

# Kale and Sweet Potato Quinoa Salad



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- $\frac{3}{4}$  cup red or white quinoa
- 1  $\frac{1}{2}$  cups water
- 2 medium sweet potatoes
- 1 bunch kale, organic preferred
- 2 tablespoons extra virgin olive oil, divided

## Dressing

- 1 tablespoon rice vinegar
- 1 tablespoon reduced sodium tamari (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- 1 tablespoon sesame oil
- 2 cloves garlic, minced

## Directions

1. Preheat oven to 375°F.
2. Peel and chop sweet potatoes into  $\frac{1}{2}$  inch chunks. Toss with 1 tablespoon olive oil and bake 20-25 minutes, until tender, stirring once or twice.
3. Rinse quinoa and place in saucepan with water. Bring to a boil, then reduce heat and simmer covered for 15 minutes. Let stand with 10 minutes with lid on, until water is absorbed and quinoa is tender. Fluff with a fork.
4. Wash kale, remove stems, and roughly chop. Heat remaining olive oil in a large skillet over medium low heat. Sauté kale, until all leaves are bright green.
5. Combine all ingredients for the dressing. Combine kale, sweet potatoes, and quinoa in a large bowl and toss with dressing. Serve warm or cold.

## Notes

For fluffy grains, do not stir or remove the lid while cooking.

Recipe from Cook Well Berkeley: Cooking Carb Smart, Spring 2014