



## Quinoa Salad with Sweet Potatoes and Apples

Prep Time: 15 min

Cook Time: 1 hour

Serves: 8

### NUTRITION FACTS, PER SERVING:

392 Calories

19.72 g fat

557 mg sodium



### DIRECTIONS:

#### INGREDIENTS: **\*\* Items not included in kit**

- 1 TB olive oil\*\*
- 1 cup quinoa
- 1/4 tsp salt\*\*
- 1 pound sweet potatoes, peeled and cubed
- 1 TB olive oil\*\*
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 2 apples, cut into 1/2-inch dice
- 1/4 cup parsley, chopped
- 6 TB olive oil\*\*
- 1/4 cup apple cider vinegar
- 1/2 cup red onion diced
- 6 ounces of baby kale
- 1/2 cup feta cheese

1. Place **quinoa** in a colander and rinse under running water. In a large saucepan, heat **1 TB olive oil** over medium heat and add the rinsed **quinoa**, stirring for 1 minute. Add **2 cups water** and season with **1/4 tsp salt** and bring to a boil. Cover and simmer for 15 minutes. Remove pan from the heat and let stand for 10 minutes. Fluff the quinoa and spread it out on a baking sheet and refrigerate until it is chilled OR you can serve it warm.
2. Preheat oven to 425 degrees. On a baking sheet, toss the **cubed sweet potatoes** with **1 TB olive oil**, **1/4 tsp salt** and **1/4 tsp black pepper**. Roast for about 20 minutes, stirring once, until golden and softened.
3. Dice the **apples** into 1/2 inch dice, set aside. Chop the **parsley leaves** to equal 1/4 cup, set aside.
4. Dressing: In a small bowl, whisk **6 TB olive oil** with the **apple cider vinegar**; season with a pinch of **salt** and **pepper**.
5. In a large bowl, add the **cooked quinoa**, **roasted sweet potatoes**, **diced apples**, **chopped parsley**, **diced red onions** and **washed & dried kale greens** and toss well to combine. Drizzle dressing over and toss to combine. Sprinkle crumbled **feta cheese** over top to serve.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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