

Roasted Sweet Potato Quinoa Salad

Jacob · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

Roasted purple sweet potatoes add beautiful color to this healthy freshtasting zesty quinoa salad

Ingredients

- - 2 cups water - 1 cup quinoa
- rinsed - 2 sweet potatoes
- peeled and cubed - 2 tablespoons olive oil - 1 cup chopped broccoli - 1 yellow bell pepper
- diced - 1 red bell pepper
- diced - ½ cucumber
- peeled
- seeded
- and chopped - ¼ cup extra-virgin olive oil - 2 tablespoons maple syrup - ½ lemon
- juiced - ½ lime
- juiced - salt and ground black pepper to taste - ½ cup chopped cilantro

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender
4. 15 to 20 minutes. Set aside to cool. Toss sweet potatoes with olive oil on a baking sheet. Roast in the preheated oven until tender
5. 20 to 25 minutes. Set aside to cool. Combine broccoli
6. bell peppers
7. and cucumber in a large bowl; stir in quinoa and sweet potatoes. Whisk extra-virgin olive oil
8. maple syrup
9. lemon juice
10. lime juice
11. salt
12. and black pepper together in a small bowl. Toss salad with dressing; garnish with cilantro. Cook's Note: Salad and dressing can be made ahead and stored separately in the fridge until serving.