

WHOLE FOODS MARKET

QUINOA AND SWEET POTATO SALAD WITH SPINACH

2c.	Quinoa
4c.	Water
1 ½ lb	Sweet potato (approx. 1 very large or 2 small)
2 tbsp.	Olive Oil
Salt & Pepper	to taste
½ c.	Slivered almonds, toasted
½ bunch	Spinach, shredded
3	Green onions, sliced

DRESSING

1/4 c.	White wine vinegar (or less to taste)
2 tbsp.	Sesame Oil
1/4 c.	Honey
1/4 c.	Tamari Sauce
1 tbsp.	Minced Ginger
1/4 can	Orange juice concentrate

METHOD

- Bring water to boil. Thoroughly rinse quinoa in sieve. Add to boiling water and return to boil. Cover and simmer for 15 minutes or until water has been totally absorbed. Stir. Cool. Spoon into a large bowl.
- Preheat oven to 325.
- Peel and dice (small pieces) sweet potato and toss with salt, pepper and oil.
- Spread on baking sheet. Bake for approx. 10-15 minutes until potato is cooked but not mushy. Cool.
- Spread almonds on baking sheet. Bake for 8-10 minutes until lightly toasted. Cool.
- Clean spinach, dry thoroughly, and shred (chop into very small pieces).
- Slice green onions on the bias.
- Add sweet potato, almonds, spinach and green onions to quinoa.
- Mix up dressing.
- Toss dressing with above quinoa mixture. Season. Refrigerate.