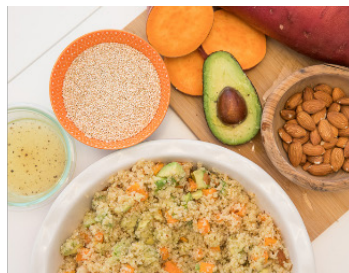


Quinoa Salad with Sweet Potato and Avocado

By Erika Sierra
Yield 4 Servings



Ingredients

Salad

- 2 cups of quinoa
- 1 medium sweet potato
- 1 big avocado
- 1 teaspoon olive oil
- Thyme powder
- 2 tablespoons roasted almonds
- Salt and pepper to taste

Vinaigrette

- 3 tablespoons olive oil
- 1/4 cup lemon juice
- 1 teaspoon honey
- Salt and pepper to taste

Directions

Cook the quinoa according to package instructions. It is usually added to boiling water for 10 minutes. Strain and remove excess of water.

Peel the sweet potato and cut into cubes of approximately 1 centimeter.

Season with pepper, salt, olive oil and ground thyme.

Heat oven to 350 °F and bake the sweet potato until it is al dente (approximately 20 minutes).

Let it cool down, then mix it with the quinoa and the avocado cut into small cubes.

Mix all the vinaigrette ingredients and fold into the salad mixture.

Lastly, add the almonds.