

SWEET POTATOES, QUINOA, & KALE

This dish is simple and delicious just the way it is, but feel free to jazz it up by adding whatever your heart desires (black beans, corn, peppers, taco seasonings, etc.).

INGREDIENTS *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- EVOO
- 1 C DRY QUINOA
- 4-5 MEDIUM SWEET POTATOES CUBED
- 2 HANDFULS OF KALE CHOPPED
- SALT/GARLIC POWDER TO TASTE

STEP 1: PREPARE QUINOA IN INSTANT POT (OR ACCORDING TO PACKAGE DIRECTIONS) & SET ASIDE.

INSTANT POT DIRECTIONS:

- 1 CUP QUINOA
- 1 CUP WATER
- SET SETTINGS TO 12 MINUTES ON LOW PRESSURE
- MAKE SURE POT IS SEALED
- WHEN TIMER GOES OFF SWITCH TO VENTING THEN TAKE LID OFF

STEP 2: PREPARE/COOK POTATOES & KALE.

- CHOP KALE AND SET ASIDE
- 4-5 MED SWEET POTATOES (PEELED & CUT INTO ½ INCH CHUNKS)
- PLACE POTATOES IN BAKING DISH AND COAT WITH ¼ CUP EVOO
- GARLIC POWDER & PINK SALT (TO TASTE)
- ROAST SWEET POTATOES 375 DEGREES 15 MINUTES
- THEN ADD CHOPPED KALE TO THE POTATOES AND CONTINUE BAKING UNTIL POTATOES ARE SOFT/TENDER (AN ADDITIONAL 15 MINUTES OR SO)

STEP 3: COMBINE & SERVE.

- COMBINE THE QUINOA AND SWEET POTATO MIXTURE. ADD A LITTLE MORE EVOO, & SALT TO TASTE.
- ENJOY !!

