

Sweet Potato Quinoa Salad

Recipe By *Brynie Greisman*



familytable

Mishpacha

Cooking and Prep:  1
h 20 m

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah,
Sukkot

Diet: Vegetarian, Pescetarian,
Gluten Free, Sugar Free

Source: Family Table by
Mishpacha Magazine

The orange vinaigrette makes this salad irresistible. It can be served room temperature as a salad, or warmed as a side. Whenever I serve it, my family and guests are happy to have a really healthful choice with no sugar.

Ingredients (14)

Salad

- 3/4 cup quinoa
- 2 large sweet potatoes (about 1 and 1/2 pounds/600 grams), finely cubed
- 3–4 tablespoons **Gefen Olive Oil**

- salt, to taste
- pepper, to taste
- 3 scallions (green and white parts), finely chopped
- 1/3 cup natural dried cranberries
- small handful parsley, chopped, plus more for optional garnishing
- 1/2 cup blanched almond slices, toasted, for garnish

Dressing

- 2 tablespoons **Gefen Olive Oil**
 - 2–3 tablespoons fresh lemon juice, to taste (I like it with more)
 - 5 tablespoons fresh orange juice
 - 2 pinches salt
 - 1 and 1/2 tablespoons **Gefen Honey**
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Start Cooking

Prepare the Sweet Potato Quinoa Salad

1. Soak quinoa in a bowl of water for half an hour. Drain.
2. Bring a three to four-quart pot of water to a boil. Add quinoa and return to boil. Lower heat; continue cooking, uncovered, for about eight to nine minutes. Drain well and set aside.
3. Meanwhile, prepare the sweet potatoes. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Line a baking sheet with Gefen Easy Baking Parchment Paper. Mix the sweet potato cubes, olive oil, salt, and pepper until well combined. Pour onto a parchment-lined baking sheet and roast for about 20 minutes or until they're softened, but not too soft. (You don't want them falling apart.) Mix midway, if necessary.
- 4.

In a large bowl, combine the quinoa, sweet potatoes, scallions, dried cranberries, and parsley. Whisk together the dressing ingredients in a small bowl, or shake in a small jar. Taste and adjust seasoning if desired. Pour over salad and toss all together. Garnish with almonds and chopped parsley, if desired. This salad stays fresh for three to four days.

Note:

Soaking the quinoa and cooking it in a lot of water helps remove the bitter taste, and actually fluffs the quinoa kernels, giving them a mild, pleasant taste.

Credits

Food and Prop Styling by Renee Muller

Photography by Moishe Wulliger