

Quinoa Filled Sweet Potato

BY RAISA C.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 4 sweet potatoes
- 1 cup uncooked quinoa ✓
- 1 garlic clove minced
- 1½ tsp Himalayan salt ✓
- ½ tsp white pepper
- 1 tsp cooking oil
- 1 tsp olive oil ✓
- 1 shallot chopped
- 2 cups raw spinach (about 2 handfuls)
- ½ cup pine nuts ✓
- ¼ cup organic dried blueberries ✓
- ¼ cup cut green olives

DIRECTIONS:

1. Preheat oven to 350 degrees F. Bake sweet potatoes for 1 hour.
2. In the meantime, cook quinoa with garlic and Himalayan salt. (Add rinsed quinoa and 2 cups of water in pan and cook over high heat until water starts to boil. Cover pan and reduce heat to medium low and simmer until water is absorbed and quinoa is tender).
3. In a separate pan, sautee the shallots in a little bit of cooking oil (about 1 tsp). Add spinach and as soon as the color turns brighter, remove from heat and mix with cooked quinoa.
4. Lastly, add to the quinoa dried blueberries, pine nuts, and olives.
5. Drizzle olive oil over quinoa.
6. Serve quinoa on top of cooked sweet potato.