

Sweet Potato and Kale Bowl with Orange Vinaigrette



Ingredients:

- 1 cup quinoa, prepared according to package directions
- 4 cups kale
- 2 sweet potatoes, peeled and cut into bite-sized chunks
- 4 cups water
- 1 teaspoon salt

Orange Vinaigrette

- 1/4 cup orange juice, unsweetened
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey (if desired)
- Cracked black pepper

Directions:

1. In a large pot, heat water and salt to a boil. Add the potatoes and reduce water to low boil. Let potatoes cook for 10 minutes.
2. Add the kale to the sweet potatoes, reduce heat to a simmer and cover for 5 to 7 minutes, or until potatoes are tender.
3. Place the sweet potatoes and kale in a colander to drain.
4. In a small jar, add the juice, vinegar, mustard and honey. Shake until the mixture is combined.
5. Place the prepared quinoa in bowls, top with the sweet potatoes and kale. Top with 1 to 2 tablespoons of vinaigrette and serve.
6. Refrigerate left overs.

Makes 4 servings.



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