

Quinoa and Sweet Potatoes

SERVES 4 TO 6 | YIELDS ABOUT 4 CUPS | TIME: 35 MINUTES

9-18-21

7 FABULOUS!

ere's a tremendously versatile vegan side dish. Its simple, savory, light nutty flavor makes it a good complement to a wide variety of main dishes. For anyone on a wheat-free diet, it is a great replacement for the bread or couscous that might accompany a stew.

This recipe includes our favorite way to embellish the basic dish, but we also like it plain or dressed up with other herbs and seasonings.

BASIC RECIPE

- ¾ CUP QUINOA
- 1 TABLESPOON OLIVE OIL
- 1 CUP DICED ONIONS
- ½ TEASPOON SALT
- 2 CUPS DICED, PEELED SWEET POTATOES
- 1½ CUPS WATER

OUR FAVORITE ELABORATION

- 2 CUPS LIGHTLY PACKED FINELY CHOPPED FRESH SPINACH
- 2 TABLESPOONS TOASTED PINE NUTS
- ¼ CUP CURRANTS
- 1 TABLESPOON MINCED SCALLIONS
- 1 TABLESPOON LEMON JUICE
- SALT AND GROUND BLACK PEPPER

used
Toasted
Walnuts
used
craisins

1 Rinse and drain the quinoa in a fine-meshed strainer to remove any residue of the grains' bitter coating.

2 Warm the oil in a covered saucepan. Add the onions and salt and cook on low heat, stirring now and then, until the onions are transparent about 8 minutes. Add the sweet potatoes, water, and drained quinoa, cover, and bring to a simmer. Lower the heat and simmer gently for 15 to 20 minutes, until the sweet potatoes are tender and the liquid has been absorbed. Remove from the heat. Stir and add salt and pepper to taste.

3 To prepare our favorite elaboration, just before removing from the heat, stir in the spinach, pine nuts, currants, scallions, and lemon juice. Let sit for 5 minutes. Season to taste with salt and pepper.

BASIC RECIPE VARIATIONS: Add minced fresh chiles and/or garlic along with the onions.

Added ½ Pasilla chili, 1 clove garlic
Stir in chopped fresh parsley, basil, cilantro, and scallions or chives before serving.

Garnish with toasted almonds or sesame seeds.

Add a squeeze of fresh lemon or lime juice or a drizzle of soy sauce.

SERVING AND MENU IDEAS: The basic recipe of Quinoa and Sweet Potatoes is perfect under Oaxacan Green Mole Stew (page 251) or next to Southwestern Black Bean Burger (page 154) or Maque Choux (page 309). Our favorite elaboration of the dish is good with Down-home Black-Eyed Peas (page 221) or Tofu Mole (page 182).

QUINOA AND SWEET POTATOES—PER 1 SERVING (OF 6), ¾ CUP Calories: 151, Protein: 4 g, Carbohydrate: 26 g, Dietary Fiber: 3 g, Total Fat: 4 g, Saturated Fat: 0 g, Monounsaturated Fat: 2 g, Cholesterol: 0 mg, Sodium: 247 mg