

# SWEET POTATO, BRUSSELS SPROUTS AND QUINOA SALAD



## INGREDIENTS

### For the salad:

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup quinoa              | 2 cup sweet potato, diced       |
| 1 1/2 cup vegetable broth | 1 cup Brussels sprouts, sliced  |
| 1 tbsp. olive oil         | 2 tbsp. dried cranberries       |
| 2 tbsp. garlic puree      | 1/4 cup sliced almonds, toasted |
| 1/2 onion, minced         | 1 tsp. ginger                   |

### For the dressing:

- 2 tbsp. Apple Cider
- 1/4 cup cider vinegar
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 3 tbsp. olive oil
- Salt and pepper to taste

## DIRECTIONS

- Place the quinoa and broth into a pot and bring to a boil over medium heat. Cover and reduce the heat to a low simmer for 15-20 minutes. Once the quinoa is cooked, remove from the stove and allow to cool.
- Place the olive oil, garlic, onion, and ginger into a large skillet. Cook over medium heat (about 3-4 minutes) until the onion is translucent. Add the sweet potatoes and Brussels sprouts and let cook for 10 minutes until softened. Remove from the stove and allow to cool.
- Combine the apple cider, honey, Dijon mustard, and cider vinegar while slowly adding the olive oil and whisking all the ingredients together.
- In a separate bowl, combine the quinoa, Brussels sprouts and sweet potato. Drizzle the dressing over the top and season to taste with salt and pepper.
- Garnish with dried cranberries and sliced almonds and enjoy!