

Roasted Sweet Potatoes with Quinoa, Kale, Dried Cranberries and Feta Salad

Saleha · 06/11/2021



Prep Time

40 minutes

Difficulty

Easy

Servings

4

Description

There are needed just a few ingredients in this dish however, each plays an important part. Of course one of the most important ingredients is sweet potato. It's the primary ingredient in the salad and is what's will make you full. The next ingredient is Quinoa, a fascinating ingredient by itself and the kale, which gives the perfect texture and tenderness. The dried cranberries, as well as the feta, won't provide much energy however they'll certainly provide a good quantity in flavor and aroma to your dish. They were among my top dishes to eat the other evening. I'll never get tired of the feta, and the cranberries are an excellent addition. After you've roasted your sweet potato, it's easy going through all the other ingredients. Check out the step-by-step instructions below for preparing the perfect Roasted Sweet Potatoes with Quinoa, Kale, Dried Cranberries and Feta

Ingredients

- 3 sweet potatoes, peeled and cubed
- 5 tbsp. extra-virgin olive oil, divided
- kosher salt
- Freshly ground black pepper
- 1 c. dried quinoa, rinsed under cold water
- 1/2 bunch Tuscan kale, thinly sliced
- 1/2 c. dried cranberries
- 1 tbsp. balsamic vinegar
- 1/2 c. crumbled feta

Instructions

1. Preheat oven to 425° and cover a baking sheet with aluminum foil. Arrange sweet potatoes on the baking sheet, then drizzle with 2 tablespoons olive oil and season with salt and pepper. Toss to coat and roast until golden and tender, about 25 minutes.
2. Meanwhile, combine quinoa and 2 cups of water in a medium saucepan. Bring to a boil, then reduce heat and simmer, covered, 15 minutes. Remove from heat and let sit, covered, 5 minutes more. Scoop quinoa onto a paper towel-lined baking sheet to cool slightly.
3. In a large bowl, combine quinoa, sweet potatoes, kale, and cranberries. In a small bowl, whisk together balsamic vinegar and remaining 3 tablespoons olive oil. Drizzle vinaigrette over salad, tossing gently to combine. Season with salt and pepper and stir in feta just before serving.