

## Sweet Potato Apple and Quinoa Salad

( Recipe by Sugni Sukhani)

**Ingredients:** serves 5-6

- Two medium sweet potatoes- peeled and sliced into half-inch-thick round pieces
- One Cup Cooked Quinoa ( Soak the quinoa for 20-30mins and rinse it thoroughly to remove bitterness, cook it like rice with twice the amount of water with pinch of salt and one teaspoon ghee). When cooked fluff it in a plate and take half cup for the salad. Can make upma from the leftover cooked quinoa ( see the quinoa upma recipe).
- Two firm green apple- Split halves and core. Slice into thin pieces in wedges. Soak the apple wedges in cold water with little lemon juice. It keeps the sices crisp and prevents browning.
- One cup salad greens washed and dried. If salad greens not available use fresh coriander - mint mix
- One tablespoon olive oil or golden sesame oil
- Toasted walnut or almond pieces in the amount of your liking.

### Salad Dressing

- Half cup Balsamic or apple side vinegar
- One tablespoon extra virgin olive oil or golden sesame oil.
- Himalayan pink salt to taste
- Black Pepper powder to taste or red chili flakes

### Directions

- Take a heavy bottom skillet. Coat the sweet potato slices with sesame or olive oil and salt. Stir fry in the skillet until cooked golden brown but firm. Let these cool.
- Whisk the sad dressing ingredient well with a wire whisk until the oil drops disappear and mixture looks creamy. Store in the refrigerator
- Mix all the ingredients in a salad tray including sweet potato apple slices, cooked quinoa, and greens. Store the salad tray in the fridge until ready to serve.
- When ready to serve pour the dressing on the top all-around and toss the salad well.