



Simple | Healthy | Delicious

Sweet Potato, Walnut & Continent Blend



INGREDIENTS

3 small sweet potatoes peeled and cubed
½ T olive oil
1 onion, chopped
3 cloves of garlic, minced
1 cup of uncooked Nature's Earthly Choice Continent Blend or Quinoa
1.5 cups vegetable broth
½ - ¾ cups fresh parmesan, grated
¼ cup fresh chives, chopped
¼ tsp chipotle chili powder
½ cup walnuts, toasted

DIRECTIONS:

1. Place the sweet potatoes in a large skillet that has been coated with olive oil spray. Sauté until tender.
2. In a large pot, add olive oil and heat to medium heat. Add onion and sauté until tender, about 10 minutes. Add garlic and cook for an additional minute. Add in Continent Blend and broth and bring to a boil. (If desired add in ½ tsp sea salt) Reduce heat to medium low and simmer covered for 25 minutes. Add in sweet potatoes and cook covered for another 5 minutes.
3. Remove from heat and toss with parmesan, chives and chili powder. Top with walnuts and serve.