

Quinoa Sweet Potato Risotto

INGREDIENTS

- 1** Sweet potato
- ½** onion
- 1-1/2 cups** quinoa
- 1 cup** mushrooms
- 1 cup** lean ground turkey
- 1 1/2 cup** spinach
- 1 Clove** garlic
- 1/2 cup** Olive oil

STEPS

1. To prep the sweet potato: aerate it, then microwave it until cooked, usually 10-12 minutes.
2. Cook quinoa according to package. (I like adding a little bit extra water OR chicken/veggie stock to the quinoa to make it more moist as it cooked)
3. Dice onions finely, then saute with olive oil over medium heat
4. Chop mushrooms and add into pan.
5. Throw in the ground turkey to the same pan.
6. While turkey is cooking, it's time to make the sweet potato puree! Open your potato, and take out the insides to place in blender. Throw olive oil and garlic in the blender and puree.
7. Place spinach in saute pan to wilt.
8. To assemble: take your sweet potato puree and pour it onto the quinoa and turkey meat mixture. Mix well. Add a little more salt, pepper, olive oil.