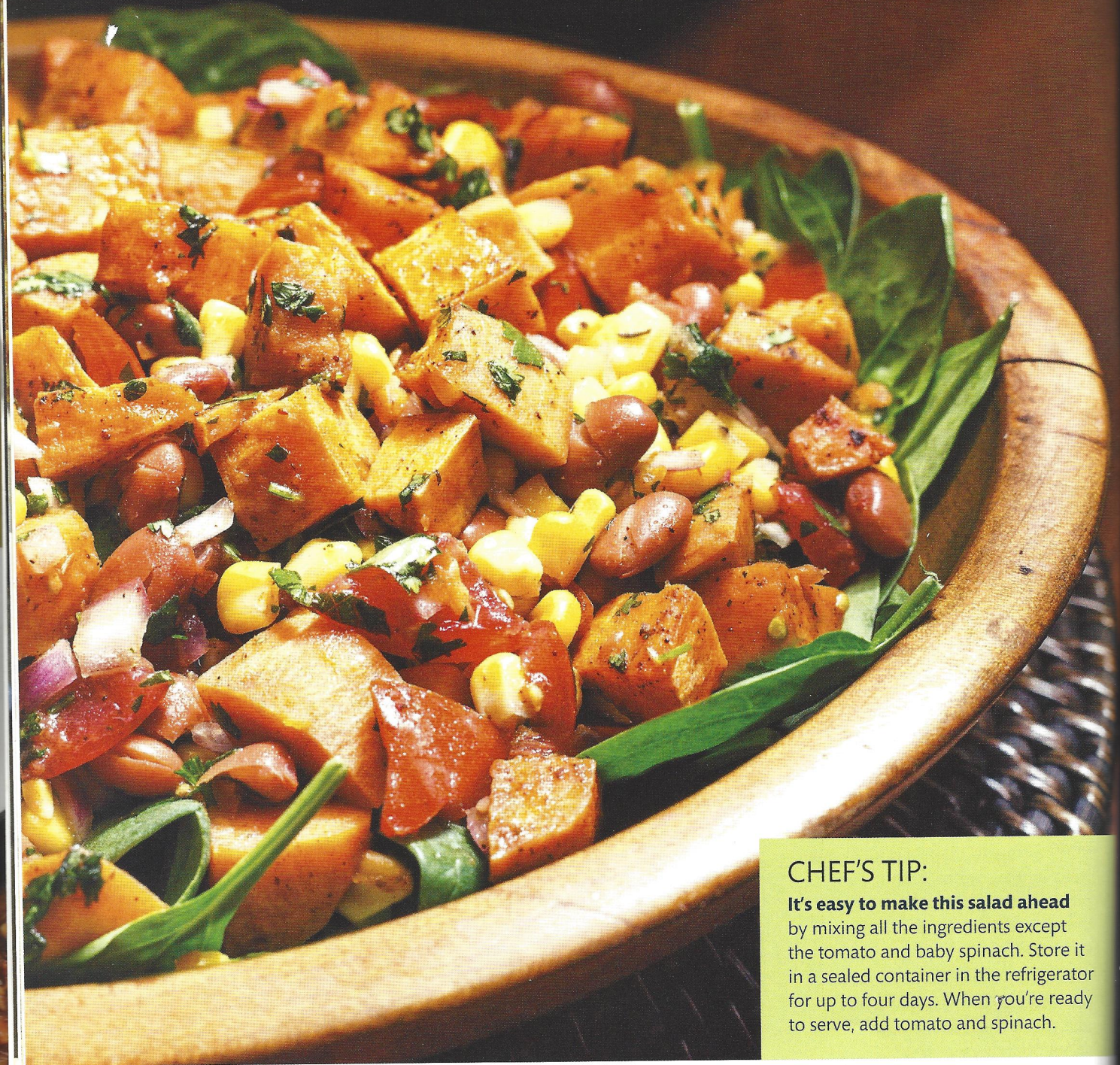


# SOUP & SALAD



## CHEF'S TIP:

**It's easy to make this salad ahead** by mixing all the ingredients except the tomato and baby spinach. Store it in a sealed container in the refrigerator for up to four days. When you're ready to serve, add tomato and spinach.

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## Sweet Potato Corn Salad



Makes 4 servings

### SWEET POTATOES:

- 2 medium sweet potatoes
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon salt
- ½ teaspoon dried oregano

### DRESSING:

- 2 tablespoons honey
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- ¼ teaspoon salt

### SALAD:

- 1 cup fresh or frozen corn
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 large tomato, chopped
- ½ cup finely chopped red onion
- 1 cup chopped fresh cilantro
- baby spinach

### TO PREPARE SWEET POTATOES:

- Preheat oven to 425°F.
- Peel and chop sweet potatoes into ½-inch chunks. Place in large bowl, and toss with olive oil, cumin, chili powder, salt, and oregano. Roast 15–20 minutes, until fork tender.

### TO PREPARE SALAD:

- In large bowl, combine dressing ingredients.
- To the bowl of dressing, add corn, beans, tomato, red onion, and cilantro. Stir until coated with dressing. Fold in roasted sweet potatoes.
- To serve, place baby spinach on large serving platter and top with sweet potato mixture.



## Zesty Quinoa Salad



Makes 4 servings

### QUINOA MIXTURE:

- 1½ cups dry quinoa (about 4 cups cooked)
- 2¾ cup water
- 3 cloves garlic
- 2 bay leaves
- 1 teaspoon salt
- 1 cup frozen sweet corn

### SALAD:

- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 garlic clove, minced
- ½ cup extra-virgin olive oil
- ¼ teaspoon salt
- 3 green onions, thinly sliced
- ¼ cup chopped fresh cilantro
- 1 package spring lettuce mix
- 2 medium tomatoes, chopped
- 1 avocado, thinly sliced
- 1 lime, cut in wedges

### TO MAKE QUINOA MIXTURE:

- Rinse and drain dry quinoa. In medium pan, bring quinoa, water, garlic, bay leaves, and salt to boil. Reduce heat and simmer, covered, for 15 minutes, until liquid is absorbed.
- Turn off heat, add frozen corn on top of quinoa. Cover pan, and let stand for 5 minutes. Stir corn into quinoa with a fork and remove bay leaves.

### TO MAKE SALAD:

- In large bowl, whisk together lime juice, cumin, chili powder, garlic, oil, and salt. Add quinoa mixture, green onions, and cilantro, and mix.
- To serve, place lettuce mix on large platter. Mound quinoa mixture into center. Place tomatoes and avocado on top of quinoa. Add lime wedges around edges. Squeeze lime over individual servings.