

Happy Monday!

Here's a great recipe from my neighbour's sister, who is a fantastic cook. These are great for hors d'oeuvres, snacks, or a side dish. This makes two cookie sheets of "bites" but you can keep leftovers in the fridge for late night noshing or lunches. They won't last!
Sheila

Sweet Potato Quinoa Bites

2-3 large sweet potatoes (yield approx 3 cups mashed sweet potato)

3/4 cup dry quinoa

1.5 cups water

1.5 Tablespoon olive oil

1 Tablespoon cumin, ground

1 teaspoon sea salt

1 teaspoon cumin seed

1. Preheat oven to 450°F.
2. Wash the sweet potatoes and place in the oven. Bake for 35 – 45 minutes or until soft.
3. While the potatoes are cooking, bring quinoa and 1+1/2 cups water to a boil. Reduce heat, cover, and simmer for 20 minutes.
4. Remove potatoes from the oven, let cool for a little bit, and then peel them. Add them to your food processor. Process until you reach desired level of smoothness (I like to leave some small chunks of potatoes in there).
5. Add the potatoes into a large bowl, fold in the cooked quinoa, and add seasonings.
6. Wet your hands and roll mixture into balls (about the size of a golf ball) or form into patties and place on a greased baking sheet. I like to make them into little footballs.
7. Place in the 450 F oven for 15-20 min or until crispy.