



Sweet Potato, Egg, & Quinoa Bowl

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Serves 4

Ingredients:

- Coconut oil spray
- 2 small sweet potatoes, diced
- 1 tsp paprika
- $\frac{3}{4}$ cup quinoa, cooked
- 1 cup spinach, chopped
- 3 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 small shallot
- 1 tsp Dijon mustard
- $\frac{1}{2}$ tsp dried oregano
- 4 eggs
- $\frac{1}{4}$ cup toasted walnuts, chopped

Directions:

1. Preheat oven to 425 degrees. On a baking sheet lined with foil, spray coconut oil and spread out diced sweet potatoes. Spray again and season with paprika, salt, and pepper. Roast for 25 minutes or until potatoes are fork tender.
2. Meanwhile, to make vinaigrette, puree olive oil, vinegar, shallot, mustard, and oregano in a blender.
3. In a large bowl, combine cooked quinoa and potatoes with spinach. Pour half of vinaigrette over and mix well to combine.
4. In a skillet, spray coconut oil and fry eggs over medium heat. Cook about 3 minutes or until whites are set but yolks are soft.
5. Divide quinoa and potato mixture into 4 bowls and top each with a fried egg and toasted walnuts. Drizzle with remaining vinaigrette.

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