

Garden Harvest Swiss Chard with Sweet Potato and Quinoa

- 3 Cups Water, divided
- 1 Cup Quinoa, rinsed
- 1 Cup Finely diced sweet potato
- 2 Tbsp Avocado oil, divided
- 1/4 Tsp Sea salt, divided
- 1 Bunch Swiss chard, about 6 leaves, trimmed and chopped including stems
- 2-3 Cloves Fresh garlic, chopped
- 2 Tbsp Crumbled goat cheese
- Pinch Cayenne pepper
- Fresh cracked black pepper to taste

In a saucepan, bring water and quinoa to a boil. Cover and turn down to simmer for 12-15 minutes, until water is absorbed. Set aside.

In another saucepan, bring water and diced sweet potatoes to a boil and cook for 3 minutes until fork tender. Drain sweet potatoes. Heat 1 tablespoon of avocado oil in sauté pan on medium high. Add boiled sweet potatoes and a pinch of sea salt and roast for 4-5 minutes or until golden brown. Remove from heat and set aside.

Heat 1 tablespoon of avocado oil in large skillet over a medium high heat. Add chopped Swiss chard for 1 minute before adding chopped garlic, sea salt, cayenne pepper and black pepper. Stir Swiss chard and cook for an additional minute until greens are wilted. Transfer greens to plate and top with roasted sweet potato and quinoa. Add goat cheese to garnish and serve.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy