

# Sweet potato dandelion salad

**Servings:** 4      **Cook time:** 40 minutes  
**Prep time:** 10 minutes      **Total time:** ~1 hour

Swap out traditional lettuce for dandelion leaves foraged from your own lawn. Sweet potato and freekeh (or quinoa) are the perfect additions to make this salad hearty.

Can be made ahead kept in the fridge for three days.

## Ingredients

- 2 medium-sized sweet potatoes
- ½ red or yellow onion, sliced
- 3 cups dandelion leaves, washed well
- ¾ cup freekeh (or quinoa)
- ½ cup water
- ¼ cup blueberries
- ½ tsp. salt and pepper
- ½ tsp. cumin
- 1 ½ tbsp. olive oil, divided

## For dressing

- 2 tbsp. olive oil, divided
- 1 tbsp. apple cider vinegar
- pinch salt and pepper



## Directions

- 1.** Preheat oven to 350 F.
- 2.** Cut the sweet potatoes into cubes. Place them in a medium-sized bowl with 1 tbsp. extra-virgin olive oil and a sprinkle of salt, cumin and pepper. Transfer to a baking sheet lined with parchment paper. Bake for 30 minutes.
- 3.** In a small pot on the stove, combine water, freekeh (or quinoa) and pinch of salt. Bring to a simmer and cover on low heat for 15 minutes.
- 4.** While the sweet potatoes and freekeh are cooking, prepare the dandelion leaves by ensuring they are washed well (especially if foraged). Set aside.
- 5.** Peel and slice the onion. In a pan on the stove, heat 1 tsp. of olive oil. Add red onion and pinch of salt and pepper. Sauté for 5 – 7 minutes.
- 7.** Make dressing by whisking together 2 tbsp. olive oil, 1 tbsp. apple cider vinegar, pinch of salt and pepper in a small bowl.
- 8.** In a serving bowl, add dandelion leaves and cooked freekeh. Then add sautéed onions and roasted sweet potato. Finish with blueberries and dressing. Toss and serve.