

Roasted Sweet Potato, Feta, and Wild Rice Salad

Ingredients:

- 3-4 medium sweet potatoes, peeled and cubed
- 1 cup basmati rice
- 1 cup wild rice
- 1 cup quinoa
- 3 garlic cloves, finely grated
- 3 T sage leaves, roughly chopped
- ¼ c oregano, roughly chopped
- ½ c mint, roughly chopped
- 3 green onions, thinly sliced
- Juice of 1 lime
- 8 oz feta, crumbled
- Picual or Persian Lime Extra Virgin Olive Oil
- Sea salt
- Pepper

Preparation:

Preheat the oven to 400 degrees. Peel the sweet potatoes and cut them roughly into 1 inch cubes. Spread on a parchment paper lined sheet pan and drizzle with just enough extra virgin olive oil [Picual or Persian Lime], to lightly coat potatoes. Sprinkle with salt and pepper. Toss. Roast for 20-25 minutes or until tender in the middle and slightly crispy on the outside.

Meanwhile, cook the basmati rice, wild rice, and quinoa according to package instructions. Drain in a fine sieve. Pour into a large mixing bowl while warm.

Heat 1 tablespoon of extra virgin olive oil [Picual or Persian Lime], in a sauce pan on medium. Fry the garlic for about 30 seconds. Add the sage and oregano and fry for about 1 minute. Both the garlic and herbs burn easily, so keep an eye on it. Pour the contents of the pan over the rice and quinoa.

Then add the roasted sweet potato with the oil that is left in the pan along with the lime juice, mint, green onions, feta, sea salt and pepper. Gently toss everything together, being careful not to mash the sweet potatoes and feta. Drizzle with olive oil and sprinkle with more fresh mint and green onions.

Serve warm.

Serves 6