



USOC
SPORTS NUTRITION

Weekly Recipe:

Curried Sweet Potato Quinoa

When you think of curry, delicious Indian food usually comes to mind. This is a great India- inspired dish that is easy to prepare and utilizes pre-made curry powder to amp up your meal from plain to flavorful in no time. The gluten-free grain, quinoa, at the base of this dish acts both to deliver the nutrition components of a grain and a protein because of its superior versatility. While this dish can be made according to the simple recipe below, it can also be made with varying flavors of broth, currents instead of apples, walnuts instead of cashews or just by using whatever ingredients you have left in your cabinets! Prepare a double batch of this and you are set for the week.

Ingredients:

4 servings

- 1Tbsp. olive oil
- 1 medium sweet potato, diced (skin on)
- ¼ cup onion, diced
- 1 granny smith apple, diced (skin on)
- 1Tbsp. curry powder
- 1 cup quinoa
- 2 cups vegetable broth
- 1 cup frozen peas
- ½ cup cashews, chopped

Directions:

1. In a sauce pan, sauté onion and sweet potato in olive oil until onion begins to soften (about 3 minutes).
2. Add apples, curry powder and quinoa. Continue to cook, stirring until softens, about 2 minutes.
3. Add broth, cover and simmer for 20 minutes.
4. Add frozen peas and cashews. Stir and cook uncovered an additional 2 minutes.
5. Remove from heat, cover and let stand for 5 minutes.

*Nutrition tip: Leaving the skin on the sweet potato and the apple greatly increases both the fiber and phytonutrient content of this dish!



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Amount	¼ of total prepared dish
Calories	375
Fat (g)	14
Sat. Fat (g)	2
Carb. (g)	54
Fiber (g)	8
Protein (g)	10

Gluten free. Vegan.



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This meal can help you fuel-up or recover from your intense training sessions because it has many of the essential nutrients needed.

Sweet potatoes contain almost twice as much fiber as other types of potatoes, contributing close to 7 grams of fiber per serving. The high fiber content gives them a "slow burning" quality. This basically means their caloric energy is used more slowly and efficiently than a low-fiber carbohydrate and can help keep your energy stable for training or until your next meal. They are also an excellent source of beta-carotene, a vitamin A precursor, which acts as an important antioxidant. This is important if you train outside as it helps to internally protect your skin from sun damage by both deflecting and repairing cell damage caused by excessive UV exposure. Vitamin A is also an important nutrient for eye health. The small amount of fat added by the olive oil and nuts in this dish are not just delicious, but are essential to making sure that the beta-carotene gets absorbed properly by the body- an excellent example of good teamwork!

