

### Ingredients

Preparation time: 30 minutes

Servings: 4

1 Tbsp. olive oil

1 medium sweet potato, diced (skin on)

¼ cup onion, diced

1 granny smith apple, diced (skin on)

1 Tbsp. curry powder

1 cup quinoa

2 cups vegetable broth

1 cup frozen peas

½ cup cashews, chopped

### Directions

1. In a saucepan, 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 well-incorporated, 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.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### Curried Sweet Potato Quinoa

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.

### USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD

[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)

Liz Broad, PhD, AdvSpDiet

[elizabeth.Broad@usoc.org](mailto:elizabeth.Broad@usoc.org)

Alicia Kendig, MS, RD, CSSD

[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)

Susie Parker-Simmons, MS, M.ed

[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)

Kate Machado, MS, RD, CSSD - Author

### Cooking Tip

Leaving the skin on the sweet potato and the apple greatly increases both the fiber and phytonutrient content of this dish. You can use varying flavors of broth, currants or pears instead of apples, and walnuts instead of cashews. Sear a piece of white fish to place on top and serve with a side salad for a complete meal.

### Performance Facts

Sweet potatoes contain almost twice as much fiber as other types of potatoes, contributing close to 7 grams of fiber per serving, keeping you satiated between meals. Additionally, the potatoes are a great source of beta-carotene. Beta-carotene is an important antioxidant that helps to protect against harmful UV rays when training outside, and also plays an important role in maintaining eye health.



follow us on  
**twitter**  
@Nutr4TeamUSA