

Mediterranean Sweet Potato Quinoa Salad

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup roasted sweet potatoes
- 1/4 cup chopped spinach
- 2 tbsp hummus
- Juice of 1/2 lemon

Instructions:

1. Mix all ingredients in a bowl.
2. Top with hummus and lemon juice.

Benefits:

Nourishing and anti-inflammatory, great for blood sugar control.

