

# Recipes **From the Blue Zones® Kitchen**

## Autumn Quinoa Salad

From Blue Zones

- Ingredients:**
- 1 ½ cup quinoa
  - Salt and ground black pepper
  - 2 green onions, minced
  - 1 carrot, shredded
  - 1 cup frozen green peas, thawed
  - 1 (15.5-oz.) can dark red kidney beans, drained and rinsed
  - ½ cup sliced almonds or peanuts
  - ½ cup dried cranberries
  - 2 Tbsp extra-virgin olive oil
  - 1 Tbsp rice vinegar
  - 2 Tbsp finely chopped fresh parsley

- Directions:**
- Bring 3 cups of water to a boil in a saucepan. Add the quinoa and salt to taste. Reduce the heat to maintain a simmer, cover and cook until the water has been absorbed, about 12 minutes.
  - Remove from the heat and transfer to a large bowl. Stir in the green onions, carrot and peas, and set aside to come to room temperature.
  - Add the beans, peanuts, cranberries, oil, vinegar and parsley. Season to taste with salt and pepper and toss to combine.

- Variation:** Substitute cooked brown rice for the quinoa, or a different type of nut in place of the peanuts.

This colorful fall salad makes a beautiful and nutritious side dish to your Thanksgiving feast. Quinoa, red kidney beans and almonds are great sources of plant-based protein, as well as fiber. Protein is important for maintaining a healthy immune system, and fiber promotes both cardiovascular and digestive health. The peas also offer a moderate dose of fiber, as well as iron and vitamin C. Colorful hues from the carrots, cranberries, green onions and parsley offer a warm and bright contrast to this dish.

Tips by by Marissa Martorana, RDN

# Recipes **From the Blue Zones® Kitchen**

## Mini Sweet Potato Tarts

From The Blue Zones Kitchen

- Ingredients:**
- 4 large sweet potatoes (red, white, yellow or orange work)
  - 1 large ready-made pie crust or 12 mini phyllo shells
  - 2 Tbsp oatmeal
  - 2 Tbsp pecans, crushed
  - 2 Tbsp maple sugar or brown sugar

- Directions:**
- Preheat the oven to 375 degrees.
  - Bake potatoes with skin on for 45 minutes. You can do this in advance.
  - When done and cool enough to handle, slip potatoes out of skins. Potatoes will be soft; mash in a bowl.
  - Cut pie crust into six 3-to 4-inch rounds. Press rounds into a muffin tin and freeze for at least 10 minutes.
  - Bake the crusts for 12 minutes at 375 degrees.
  - Meanwhile, combine the oats, crushed pecans and maple sugar together in a small bowl.
  - Remove crusts from oven and fill with mashed sweet potatoes. Bake for 10 more minutes.
  - Remove from oven and top with nut and oat crumble.
  - Bake mini pies for another 10 minutes, or until the crust is golden brown.

These tiny tarts pack a powerful punch of sweetness and nutrients. They are versatile enough to be served on the appetizer or dessert table at your Thanksgiving feast. The main ingredient is sweet potato, which is a root vegetable in the morning glory family. Sweet potatoes can be orange, white, red or yellow. This particular recipe uses orange sweet potatoes, which are rich in beta carotene, a precursor to vitamin A. Vitamin A is a fat-soluble vitamin and is responsible for proper eye health, white blood cell production and also regulates cellular activity needed for reproduction. Sweet potatoes also contain vitamin B6, vitamin C, potassium and fiber. They are naturally sweet, so the name suits it well!

Tips by by Marissa Martorana, RDN

Source:

<https://www.hsph.harvard.edu/nutritionsource/vitamin-a/>

<https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>

