Quinoa and Sweet Potato Pilaf

Serves 4

1 cup quinoa, rinsed
1 large sweet potato, diced (and peeled if prefer)
2 tsp brown sugar (or maple syrup)
1 tsp olive oil
½ medium onion, finely chopped
4 sprigs fresh thyme, chopped
2 cups chicken broth
Salt and pepper to taste

Heat oil in med sized pot.

Add sweet potato and sprinkle with brown sugar. Cook for a few minutes until starts to brown. Add onions and cook until they are brown as well.

Add the quinoa and toast for a few minutes.

Add the stock and bring to a simmer. Once simmering turn heat down and cover until everything is cooked. (about 15-20). The quinoa is done when the grain separates.

Once finished, fluff with a fork and sprinkle on fresh thyme.