

# Sweet Potato & Quinoa Salad

Serves 4

Prep: 40 mins. | Total: 50 mins.

## Ingredients

### Salad

- 1/2 cups quinoa, cooked
- 2 cups sweet potato, cubed and roasted
- 1 red bell pepper, sliced
- 1 red onion, diced
- 2 cups black beans, rinsed and drained
- 1/3 cup pumpkin seeds
- 8 cups baby spinach

### Dressing

- 1/2 cup olive oil
- 4 Tbs balsamic vinegar
- 2 tsp dijon mustard
- 2 tsp maple syrup
- 1/4 tsp salt and pepper to taste, to taste

### Per serving:

606 calories

70g carbohydrates

16g fiber

30g total fat

16g protein



## Prep

1. Cook quinoa according to directions on package. You can also purchase frozen, pre-cooked quinoa and defrost.
2. Preheat the oven to 425°F and line a large baking sheet with parchment paper. Spread the sweet potatoes evenly onto the baking sheets. Roast for 25 minutes or until the edges are browned.
3. Prepare ingredients according to directions. You can use any pre-roasted vegetable in place of the sweet potato.

## Make

1. Dressing: Whisk together olive oil, balsamic vinegar, Dijon mustard, maple syrup, salt, and pepper.
2. Salad: Layer with sliced red bell pepper, diced red onion, cooked quinoa, roasted sweet potatoes, black beans, toasted pumpkin seeds, and top with baby spinach.