



## Roasted Cranberry & Sweet Potato Quinoa Salad

6 servings  
45 minutes

### Ingredients

4 Sweet Potato (medium, peeled and cubed)  
3 tbsps Avocado Oil (divided)  
1/4 tsp Sea Salt  
2 cups Frozen Cranberries (or fresh)  
1 cup Quinoa (dry, uncooked)  
2 cups Water  
1 1/2 tbsps Apple Cider Vinegar  
2 tbsps Dijon Mustard  
1 tbsp Maple Syrup  
1/2 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	318
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	44g
Fiber	7g
Sugar	7g
Protein	8g
Cholesterol	0mg
Sodium	170mg
Potassium	485mg
Calcium	60mg
Iron	3mg
Vitamin B12	0µg

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

### Notes

**No Sweet Potato**, Use carrots or butternut squash instead.  
**Leftovers**, Refrigerate in an airtight container up to five days.  
**No Quinoa**, Use rice or cauliflower rice instead.  
**More Greens**, Add spinach or arugula.