

# 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 tsps Dijon Mustard  
1 tbsp Maple Syrup  
1/2 cup Pumpkin Seeds

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 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.
- 03 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.
- 04 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!

## NUTRITION

### AMOUNT PER SERVING

Calories	317	Carbs	44g
Fat	13g	Protein	8g