## **Maple Roasted Sweet Potato & Cranberry Quinoa Salad**

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*A light salad with hints of fall flavors and a balsamic maple dressing*



**Yield:** 12 servings

**Ingredients:**

Maple Roasted Sweet Potato

3 cups (about 2 medium) sweet potatoes, cubed

1 Tbsp maple syrup

2 Tbsp olive oil

1 teaspoon cinnamon

½ teaspoon nutmeg

Salt and pepper

6 cups spring mix

6 cups spinach

2 cups quinoa, cooked

½ cup dried cranberries

½ cup walnuts

½ cup goat cheese

Salad dressing:

¼ cup balsamic vinegar  
1 ½ Tbsp spicy brown mustard  
1 tsp maple syrup

2 Tbsp olive oil  
¼ tsp salt  
¼ tsp black pepper

**Method of Preparation:**

1. Preheat oven to 375 degrees.
2. Combine maple roasted sweet potato ingredients in bowl.
3. Mix until sweet potato cubes are evenly coated.
4. Bake at 375 degrees for 20 minutes or sweet potato cubes are fork tender.
5. Combine remaining salad ingredients.
6. Whisk all salad dressing ingredients except olive oil.
7. Slowly add olive oil while constantly whisking to emulsify dressing.
8. Serve dressed salad or serve salad with dressing on the side.

**Nutritional Analysis:** Per serving

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories: | 255 kcal | Fiber: | | | 4.9 g | | | Calcium: | | 93 mg | |
| Total Fat: | 10.1 g | Cholesterol: | | | 5 mg | | | Iron: | | 3 mg | |
| Saturated Fat: | 2.2 g | Vitamin D: | | | 0 mcg | | | Sodium: | | 49 mg | |
| Protein: | 8.2 g | Potassium | | 597 mg | | |
| Carbohydrates: | 34 g |  | | |  | | |  | |  | |
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