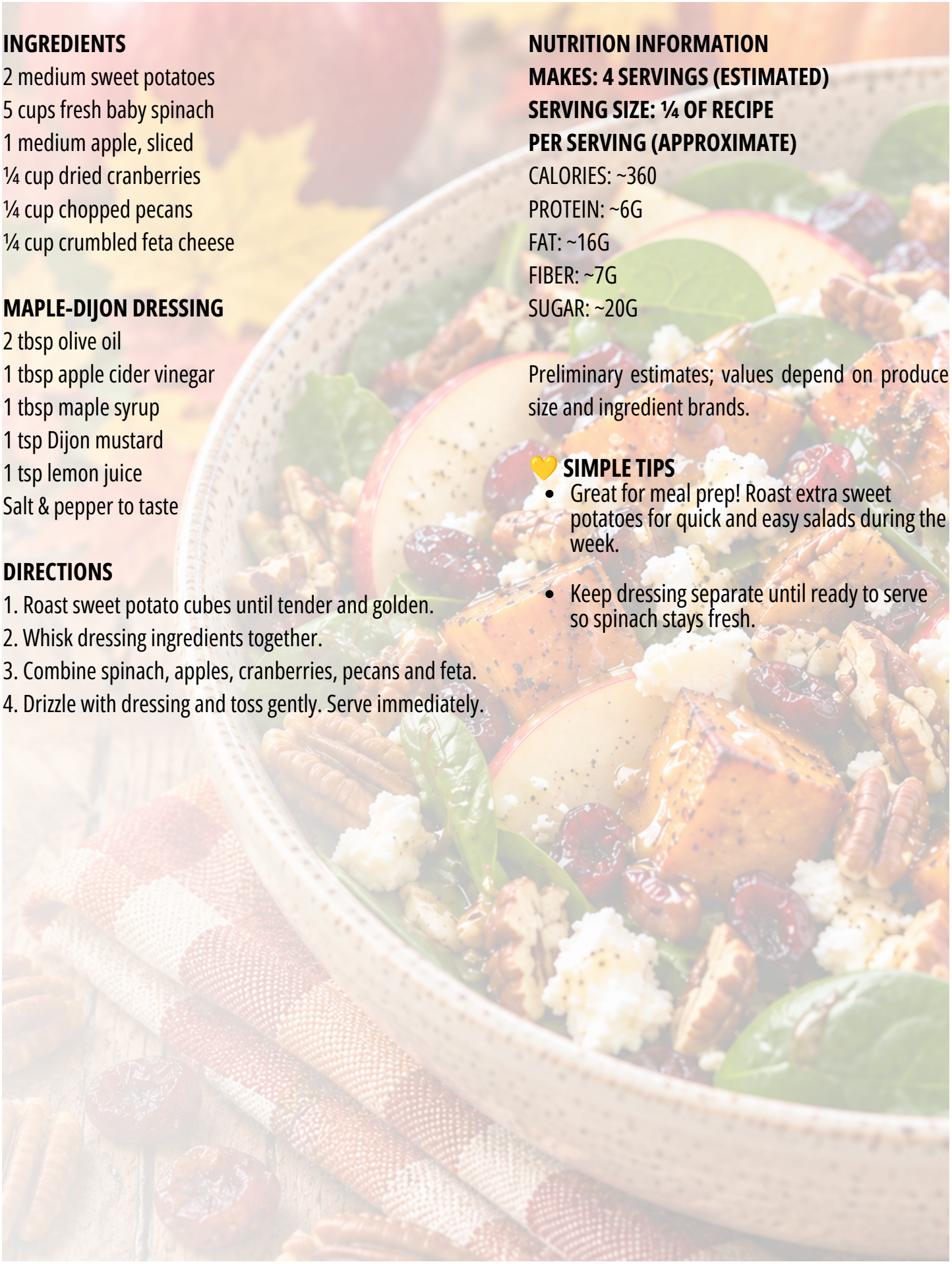
AUTUMN HARVEST SALAD WITH ROASTED SWEET POTATOES



INGREDIENTS

2 medium sweet potatoes
5 cups fresh baby spinach
1 medium apple, sliced
¼ cup dried cranberries
¼ cup chopped pecans
¼ cup crumbled feta cheese

MAPLE-DIJON DRESSING

2 tbsp olive oil
1 tbsp apple cider vinegar
1 tbsp maple syrup
1 tsp Dijon mustard
1 tsp lemon juice
Salt & pepper to taste

DIRECTIONS

1. Roast sweet potato cubes until tender and golden.
2. Whisk dressing ingredients together.
3. Combine spinach, apples, cranberries, pecans and feta.
4. Drizzle with dressing and toss gently. Serve immediately.

NUTRITION INFORMATION

MAKES: 4 SERVINGS (ESTIMATED)
SERVING SIZE: ¼ OF RECIPE
PER SERVING (APPROXIMATE)
CALORIES: ~360
PROTEIN: ~6G
FAT: ~16G
FIBER: ~7G
SUGAR: ~20G

Preliminary estimates; values depend on produce size and ingredient brands.

💛 **SIMPLE TIPS**

- Great for meal prep! Roast extra sweet potatoes for quick and easy salads during the week.
- Keep dressing separate until ready to serve so spinach stays fresh.

📱 SCAN FOR MORE RECIPES

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