



Roasted Cranberry & Sweet Potato Quinoa Salad.

6 servings

45 minutes

Ingredients

4 Sweet Potato (medium, peeled and cubed)
 1 cup Shelled Frozen Edamame
 1 Avocado Oil Spray (spritz lightly)
 1/4 tsp Sea Salt
 2 cups Frozen Cranberries (or fresh)
 1 cup Quinoa (dry, uncooked)
 2 cups Water
 2 tbsps Aquafaba...the Liquid From Chickpeas (or Water)
 1 1/2 tbsps Apple Cider Vinegar
 2 tpsps Dijon Mustard
 1 tbsp Maple Syrup
 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	290
Fat	7g
Saturated	1g
Trans	0g
Carbs	46g
Fiber	8g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	172mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Defrost shelled edamame for 30 minutes on the counter or place in colander and run cool water over for a few minutes.
- 3 In a glass or foil-lined baking dish, spritz the sweet potato & edamame with the avocado oil spray and toss with the salt. Roast for 30 minutes, adding the cranberries midway.
- 4 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.
- 5 In a large mixing bowl, whisk together the aquafaba, 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.