



Roasted Beets & Sweet Potato Salad



Vegetarian, Gluten-Free

Course Lunch, Dinner, Appetizer, Main Course, Salad

Cuisine American

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 4

Calories 218kcal

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Ingredients

Salad:

- 3 Beets
- 1 Sweet Potato
- Pinch of Salt
- 1/2 Cup Uncooked Quinoa
- 3 Cups Spinach
- 1 Tbsp Goji Berries
- 1 oz. Goat Cheese

Dressing:

- 1 Tbsp Flax Seed
- 1 Tbsp Olive Oil
- 1 Tbsp [Agave](#)
- 1/4 tsp Pepper

Instructions

1. Cube beets and sweet potato. Place on a baking sheet or pan and lightly spray with coconut oil.
2. Top with a pinch of salt, then bake at 425 for 30 minutes or until soft.
3. While the vegetables are roasting, cook quinoa according to directions and set aside.
4. Finely chop the lettuce (optional) and toss with the goji berries and goat cheese.
5. Add the beets and sweet potato. Enjoy!

Nutrition

Calories: 218kcal