



## Warm Carrot & Sweet Potato Salad

1 serving

45 minutes

### Ingredients

1/2 Carrot (chopped into 1 inch pieces)  
1/2 Sweet Potato (chopped into 1 inch pieces)  
Sea Salt & Black Pepper (to taste)  
43 grams Quinoa (uncooked)  
89 milliliters Water  
1/4 Lime (juiced)  
4 milliliters Balsamic Vinegar  
1/4 Garlic (clove, minced)  
11 milliliters Extra Virgin Olive Oil (divided)  
20 grams Arugula  
14 grams Goat Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	362
Fat	16g
Saturated	4g
Carbs	46g
Fiber	6g
Sugar	6g
Protein	10g
Cholesterol	5mg
Sodium	133mg
Potassium	650mg
Vitamin A	14803IU
Vitamin C	10mg
Calcium	104mg
Iron	3mg
Vitamin D	0IU

### Directions

- 1 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 2 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 3 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 4 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

### Notes

**More Protein:** Add grilled chicken or lentils.



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Vitamin E	3mg
Vitamin K	33µg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	112µg
Vitamin B12	0µg
Phosphorous	249mg
Magnesium	116mg
Zinc	2mg
Selenium	4µg