



Quinoa and Roasted Sweet Potato Jar Salad



4 servings



40 mins prep | 50 minutes total time

Per serving:

606 calories
70 g carbs
16 g fiber
30 g fat
16 g protein

Ingredients

- 1 1/2 cups quinoa cooked, cooked
- 2 cups sweet potato, cubed and roasted
- 1 tbsp olive oil
- 1 red bell pepper, sliced
- 1 red onion, diced
- 2 cups black beans, rinsed and drained
- 1/3 cup pumpkin seeds
- 8 cups baby spinach

Directions

Prep

1. **Cook quinoa** according to directions. You can also purchase frozen, pre-cooked quinoa and defrost.
2. **Roast sweet potatoes:** Wash 2 sweet potatoes and cut into bite-sized pieces. Toss with 1 tbsp of olive oil, salt and pepper to taste. Arrange in a single layer on a lined baking sheet. Bake at 400° for 20 minutes or until tender. Note: *You can use any pre-roasted vegetable in place of the sweet potatoes.*
3. **Slice** bell pepper, red onion, drain black beans, wash baby spinach.

Dressing Ingredients

- 1/2 cup olive oil
- 4 balsamic vinegar
- 2 tsp dijon mustard
- 2 tsp maple syrup
- salt and pepper, to taste

Make

1. **Dressing:** Whisk together olive oil, balsamic vinegar, Dijon mustard, maple syrup, salt, and pepper in a small bowl.
2. **Layer:** In 4 mason jars, start with the dressing. Add layers of red bell pepper, red onion, cooked quinoa, roasted sweet potatoes, black beans, and pumpkin seeds. Top with baby spinach.
3. **Chill & Serve:** Seal the jars and refrigerate. When ready to eat, invert into a bowl, toss well, and savor every bite!



Elisa England
MS, RDN



Ellen Petrosino
MS, RDN, IFNCP



Making mealtime
deliciously easy.
More recipes here

