



SUMMERTIME SALAD WITH GINGER DRESSING

Directions:

SALAD - Dice vegetables. Preheat oven to 375°F. Place diced beet, sweet potato, and asparagus on a large cookie sheet (Note: keep each vegetable separated on the sheet). Drizzle olive oil over vegetables and season to liking with salt and pepper. Place cookie sheet with diced, seasoned vegetables in oven and roast for approximately 10 (Asparagus) to 20 (beets, potatoes) minutes then let cool then place all toppings (cooled, roasted vegetables, cooked quinoa, diced vegetables, and chopped cashews) in separate bowls. Place kale and/or spinach in a bowl. Place the toppings the way that you would like on top of the kale and/or spinach. Drizzle the dressing on top and enjoy.

DRESSING - Place ingredients into a food processor and blend until creamy. Add water in tablespoon increments as needed for blending.

MAKES 1 SERVINGS

INGREDIENTS

SALAD

- 1 large beet, diced (1/2 inch)
- 1 small sweet potato (1/2 inch)
- 5 asparagus spears (2 inch)
- 1 cup of baby kale and/or spinach
- 1/2 cup quinoa cooked in vegetable broth
- 1/4 red bell pepper, diced (1/2 inch)
- 1/4 cup of cucumber, diced (1/2 inch)
- 2 Tbsp creamy ginger dressing
- 2 Tbsp roasted cashews, chopped

DRESSING

- 2 medium peeled carrots, diced
- 1 one-inch piece of ginger, diced
- 1 garlic clove
- 1 Tbsp rice wine vinegar
- 1 Tbsp tahini (sesame seed paste)
- 1 Tbsp soy sauce
- 1 Tbsp mayonnaise
- 1/2 lemon