

Power Salad with Ginger Dressing



MAKES 2 - 3 SERVINGS

SALAD

Ingredients:

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

DRESSING

Ingredients:

- 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
- Juice of 1/2 lemon

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 desired toppings 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.