

SALADS

Power Salad with Ginger Dressing

Makes 3 servings · about 2 cups each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 5 g · Fiber 5 g · Calories 235	

Ingredients

- Salad: 1 large beet, diced
- Salad: 1 small sweet potato, diced
- Salad: 5 asparagus spears, cut into pieces
- Salad: 1 cup baby kale and/or spinach
- Salad: ½ cup quinoa cooked in vegetable broth
- Salad: ¼ red bell pepper, diced
- Salad: ¼ cup cucumber, diced
- Salad: 2 Tbsp roasted cashews, chopped
- Dressing: 2 medium peeled carrots, diced
- Dressing: 1-inch piece ginger, diced
- Dressing: 1 garlic clove
- Dressing: 1 Tbsp rice wine vinegar
- Dressing: 1 Tbsp tahini
- Dressing: 1 Tbsp soy sauce
- Dressing: 1 Tbsp mayonnaise
- Dressing: juice of ½ lemon

Directions

1. Preheat the oven to 375°F. Keeping each separate, roast the diced beet, sweet potato, and asparagus with a drizzle of olive oil, salt, and pepper (asparagus ~10 min, beets and potatoes ~20 min); let cool.
2. Blend the dressing ingredients in a food processor until creamy, adding water as needed.
3. Place the kale and/or spinach in a bowl.
4. Top with the roasted vegetables, quinoa, diced vegetables, and cashews.
5. Drizzle with the ginger dressing and enjoy.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 large beet
- ☐ 1 small sweet potato
- ☐ 5 asparagus spears pieces
- ☐ 1 bag (5 oz) baby kale (about 1 cup)
- ☐ ¼ red bell pepper
- ☐ 1 medium cucumber (about 1½ cups diced)
- ☐ 2 medium carrots
- ☐ 1-inch piece ginger
- ☐ 1 garlic clove
- ☐ juice of ½ lemon

PANTRY & DRY GOODS

- ☐ ½ cup cooked quinoa in vegetable broth
- ☐ 2 Tbsp roasted cashews
- ☐ 1 Tbsp tahini
- ☐ 1 Tbsp soy sauce
- ☐ 1 Tbsp mayonnaise

CHECK YOUR PANTRY

- ☐ Rice vinegar