

## Autumn Quinoa, Black Bean & Sweet Potato Salad with Maple Cider Vinaigrette

This hearty salad incorporates all the flavors and colors of fall. The quinoa, black beans, and sweet potatoes provide a wonderful balance of energy-producing complex carbohydrates as well as plant-based protein. Adding broccoli to this salad boosts its nutritional profile with cancer-fighting properties.

Prep time: 45 minutes

Serves: 6

### Ingredients

#### *Salad*

- 2-3 tablespoons extra virgin olive oil, divided
- 2 cups diced sweet potatoes
- 1½ cups chopped broccoli
- ½ medium red onion, chopped
- 4 cups cooked quinoa (cook according to package instructions from 2 cups dry)
- 1 (15-ounce) can black beans, drained and rinsed
- ½ cup flat-leaf Italian parsley, chopped
- 1/3 cup dried cranberries
- ¼ cup toasted pumpkin seeds
- Salt and pepper to taste

#### *Maple Cider Vinaigrette (makes ~3/4 cup)*

- ½ cup extra virgin olive oil
- ¼ cup plus 1 tablespoon apple cider vinegar
- 2 tablespoons pure maple syrup
- 1.5 tablespoons Dijon mustard

### Instructions

1. Preheat oven to 400 F. Line a sheet pan with parchment paper.
2. Toss diced sweet potatoes in 1-2 tablespoons olive oil and spread out evenly on the sheet pan. Place in the oven and begin to roast for ~25 minutes.
3. Toss broccoli in 1 tablespoon olive oil and set aside until sweet potatoes have cooked for 25 minutes. Remove pan from oven and add broccoli, then roast for an additional 15-20 minutes along with sweet potatoes.
4. Meanwhile, cook quinoa according to package instructions. Once cooked, you can spread out evenly on another sheet pan to help cool more quickly.
5. Once quinoa has cooled and sweet potatoes and broccoli are finished roasting, transfer to a large mixing bowl and toss with black beans, parsley, dried cranberries, and pumpkin seeds,
6. Whisk dressing ingredients together in a small bowl or place in a small jar with a lid and shake until well-combined.
7. Dress the salad to taste and add salt and pepper.

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