



Superfood Spinach & Quinoa Salad

with Chili-Lime Sweet Potatoes & Feta



30-40min



2 Servings

Layering raw and cooked components is a great way to add interest to salad—and this bowl is the perfect example! We top folate-rich spinach with roasted sweet potatoes and onions, which develop a caramelized char in the oven, and protein-packed quinoa. A lime-honey vinaigrette and feta cheese tie it all together. It's a superfood salad because it's packed with nutrient-dense ingredients—it happens to be super tasty, too!

What we send

- 1 sweet potato
- 1 red onion
- 3 oz tri-color quinoa
- ¼ oz chili powder
- ¼ oz fresh cilantro
- 1 lime
- ½ oz honey
- 5 oz baby spinach
- 1 oz pepitas
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 47g, Carbs 78g, Protein 19g



1. Prep veggies

Preheat oven to 425°F with a rack in the center. Scrub **sweet potato**, cut in half lengthwise, and cut crosswise into 1-inch thick half moons. Halve and cut **all of the onion** into ½-inch thick wedges through the core.



2. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **¼ teaspoon salt**. Cover and bring to a boil. Reduce heat to a simmer and cook until water is absorbed and quinoa is tender, about 17 minutes. Keep covered until step 5.



3. Roast veggies

While **quinoa** cooks, on a rimmed baking sheet, toss **sweet potatoes** and **onions** with **2 tablespoons oil**, **1 teaspoon chili powder**, and **½ teaspoon salt**. Transfer to center oven rack and roast until veggies are browned, about 20 minutes. Flip, and continue roasting until veggies are tender, 8-10 minutes more (watch closely as ovens vary).



4. Make vinaigrette

Coarsely chop **cilantro leaves and tender stems**; discard any thick stems. Squeeze **1 tablespoon lime juice** into a small bowl. Whisk in **honey**, **2 tablespoons oil**, and a **pinch of salt** until combined. Cut any remaining lime into wedges.



5. Assemble salad

In a large bowl, toss **spinach** with **1 teaspoon oil**, a **squeeze of lime juice** (from any remaining lime wedges) and a **pinch of salt**. Transfer spinach to a serving platter or plates. Fluff **quinoa** with a fork and sprinkle over top of spinach.



6. Finish & serve

Place **sweet potatoes** and **onions** on top of **quinoa and spinach** and drizzle **vinaigrette** over top. Garnish with **pepitas**, **cilantro**, and **crumbled feta**. Enjoy!