



Sweet Potato, Arugula & Wild Rice Salad with Ginger Dressing

Prep Time: 20 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

377 calories

24g total fat

359mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 cup wild rice
- 1 TB butter**
- Non-stick cooking spray**
- Salt & black pepper, to taste**
- 1.5 lbs. sweet potatoes, cut into 1" cubes
- 2 TB olive oil**
- 1/4 cup pepitas
- 5 oz. arugula
- 1/2 cup feta cheese crumbles
- 1/2 cup green onions, thinly sliced
- 1/4 cup dried cranberries

GINGER DRESSING:

- 1/2 cup olive oil**
- 2 TB apple cider vinegar
- 2 TB mustard
- 1 TB maple syrup
- 2 tsp ginger, peeled & grated/minced
- Salt & black pepper, to taste**

DIRECTIONS:

1. **Wild Rice:** In a medium saucepan fitted with a lid, bring **2 cups water** to a boil, add **wild rice** and **1 TB butter**, stir well to combine, cover and reduce heat to a simmer for 20-25 minutes, until most of the liquid is absorbed. Remove from heat and leave covered for 5 minutes. Remove lid and fluff with a fork.
2. Preheat the oven to 425 degrees. Spray a large rimmed baking sheet with **non-stick cooking spray**. Peel and cube the **sweet potatoes** into 1 inch cubes, and place on baking sheet. Drizzle with **2 TB olive oil** and season with **salt & black pepper** to taste, tossing to ensure they are evenly coated and in a single layer. Roast for 25-30 minutes, tossing halfway through, until they are caramelized on the edges and tender when pierced with a fork.
3. **Ginger Dressing:** Combine all the ingredients listed under Ginger Dressing in a small bowl and whisk until smooth and thoroughly combined. Set aside.
4. To assemble the warm salad. Arrange the **arugula** in a large bowl or platter, top with **cooked wild rice**, **roasted sweet potatoes**, **pepitas**, **crumbled feta**, **thinly sliced green onions**, and **dried cranberries**. Drizzle with desired amount of **Ginger Dressing** (you don't have to use it all) and toss to combine. NOTE: if you are not planning on eating all the salad at once, store the salad in the refrigerator without the dressing drizzled on top.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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