



## 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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