

Sweet potato, beet and wild rice salad with garbanzo beans

MAKES 1 SERVING



INGREDIENTS SALAD

½ cup Love Beets Organic Cooked Beets, quartered

1/2 cup of organic garbanzo bean, drained and rinsed

½ cup cooked wild rice

1 medium sweet potato (can be baked, steamed, or roasted, then cubed)

½ tbsp. avocado oil

2 cups arugula

2 tsp. low-fat/full-fat goat cheese

1 tbsp. raw pumpkin seeds

1 tbsp. extra-virgin olive oil

¼ cup apple cider vinegar

1 small shallot, minced

¼ tsp. salt

¼ tsp. pepper

DIRECTIONS

1. Cook wild rice according to package directions. Preheat the oven to 400°F. Add cubed sweet potato to a baking sheet tossed with avocado oil and bake for 25-30 minutes, tossing halfway through.
2. Whisk together the olive oil, apple cider vinegar, shallot, salt and pepper. Set aside.
3. Assemble arugula topped with wild rice, roasted sweet potato, beets, goat cheese and pumpkin seeds. Add dressing, toss, and enjoy!

Key Takeaways

Garbanzo beans provide fiber, plant based protein, vitamins (folate and B6) and minerals (iron, magnesium and potassium).