

# SWEET POTATO, ARUGULA, & BROWN RICE SALAD

adapted from [cookieandkate.com](http://cookieandkate.com)

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Yield: 6 servings

Prep Time: 15 - 20 minutes

Cook Time: 25 - 30 minutes

Storage: refrigerate up to 4 days

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## Salad Ingredients

3 cups cooked brown rice

1 ½ pounds sweet potatoes (2 medium or 3 small), peeled and cut into ½" cubes

1 ½ tablespoons avocado oil, or oil of your choice

¼ - ½ teaspoon sea salt, to taste

¾ cup total of roasted pumpkin seeds, sunflower seeds, chopped almonds, or any combo you like

5 - 6 ounces arugula (about 5 - 6 packed cups)

½ cup thinly sliced green onion

¼ cup dried cranberries

## Dressing Ingredients

½ cup extra-virgin olive oil

2 tablespoons apple cider vinegar

2 tablespoons Dijon mustard

1 tablespoon maple syrup

2 teaspoons grated fresh ginger (substituting with powdered ginger is not recommended)

½ teaspoon sea salt, or to taste

¼ teaspoon ground black pepper, or to taste

## Directions

1. To roast the sweet potatoes: Preheat the oven to 400 degrees F. Line a large, rimmed baking sheet with parchment paper for easy cleanup. Place the cubed sweet potato on the pan, drizzle with the oil and sprinkle with the salt. Toss until the sweet potatoes are lightly and evenly coated. Arrange the sweet potatoes in a single layer and roast for 25 to 30 minutes, tossing halfway, until they are caramelized on the edges and fork-tender. Let the sweet potatoes cool on the pan while you get the rest of the salad ready.
2. For the dressing, combine all of the ingredients in a small bowl and whisk until thoroughly combined. Set aside.

3. For the salad: In a large serving bowl or platter, layer the arugula, rice and roasted sweet potatoes in a large serving bowl or platter. Next, sprinkle the seeds/nuts, green onions, and dried cranberries over the top.
4. If serving the salad immediately, go ahead and drizzle most of the dressing on top. Gently toss to combine, and let the salad rest for a few minutes so the rice has time to absorb some of the dressing. Taste and add more dressing if needed. Enjoy.

Note: For leftovers, store the salad and dressing separately so the salad doesn't get soggy.