

Warm Autumn Salad with Lemon Tahini Dressing

Yield: 8 servings
Serving size: 1½ cups



Nutrition Facts	
Serving size	1.5 cups (243g)
Amount Per Serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 3mg	15%
Potassium 652mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dark leafy greens—such as spinach—contain many valuable nutrients. Toasting brings out the flavor of walnuts—which are a healthy fat. Salad dressing made with olive oil, which is a healthy, monounsaturated fat; is a healthier option than a creamy salad dressing such as ranch or blue cheese.

INGREDIENTS

For the salad

- 2 medium russet potatoes (peeling optional), medium dice
- 1 pound carrots, medium dice
- 3 medium parsnips, peeled, medium dice
- 1 medium sweet potato, medium dice
- 2 TBSP olive oil
- ½ teaspoon Kosher salt
- 1 teaspoon ground black pepper
- 8 cups baby spinach
- ¼ cup walnuts, toasted and roughly chopped

For the dressing (makes about ¾ cup)

- 2 TBSP tahini
- 1 garlic clove, minced
- ½ cup fresh lemon juice
- 2 TBSP olive oil
- 1 TBSP honey
- ½ teaspoon Kosher salt
- 2 TBSP water

DIRECTIONS

1. Preheat oven to 400°.
2. Place potatoes, carrots, parsnips, and sweet potatoes in a large bowl.
3. Add 2 TBSP olive oil and stir until vegetables are well coated. Add salt and pepper and stir to combine.
4. Pour vegetables onto parchment- or foil-lined baking sheets and roast for about 25 minutes or until vegetables are tender with golden edges. Cool slightly.
5. While vegetables are roasting, prepare salad dressing. Place all dressing ingredients in food processor and process until smooth (or whisk in a bowl). Add additional water if dressing is too thick. (Extra dressing can be kept in fridge for up to one week.)
6. Place baby spinach in a large bowl, add warm vegetables and drizzle with salad dressing. Toss to coat.
7. Sprinkle with walnuts and serve immediately.

