



Roasted Sweet Potato Steel Cut Oat Salad w/ Spinach, Avocado & Cranberries

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4

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50 min

Roasted Sweet Potato Steel Cut Oat Salad w/ Spinach, Avocado & Cranberries is a hearty bowl full of greens and a delicious addition to any meal. With ingredients like sweet potatoes, oats, avocado, and cranberries, this salad recipe is more than just lettuce with dressing. This roasted sweet potato salad is full of wonderful flavors, textures, and will add many colors to your plate.

Ingredients

- 1 large sweet potato, peeled and cut into 1/2-inch pieces
- 1 tbsp olive oil
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 cup [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 1 cup water
- 1/4 tsp salt
- 3/4 cup fresh spinach
- 1 fresh avocado, peeled, cored and cubed
- 2 tbsp whole cranberries, dried

For Dressing

- 1/4 cup extra virgin olive oil
- 2 tbsp white wine vinegar
- 1 large shallot, minced
- 1 tbsp fresh lemon zest
- 1/4 tsp kosher salt, optional
- 1/4 tsp pepper, optional

Cooking Instructions

1. Preheat oven to 450°F.
2. Place the sweet potato pieces on a sheet pan and drizzle with 1 tbsp olive oil, 1 tsp kosher salt, and pepper and toss well.
3. Arrange pieces in one layer and roast for 25 to 30 minutes, turning once.
4. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
5. Boil water in a small saucepan.
6. Transfer toasted oats to a large bowl and pour over boiling water and 1/4 tsp salt.
7. Cover and let stand for 20 minutes or until oats have absorbed all the water.
8. Fluff with a fork (note that oats are purposely undercooked to retain texture and bite).
9. *To prepare the dressing, whisk together olive oil, vinegar, shallot, lemon zest, and salt & pepper. In a large bowl, combine the cooled oats, sweet potatoes, spinach, avocado and cranberries.
10. Add dressing and toss well to combine. Serve cold or at room temperature.