

Hearty Sweet Potato, Arugula & Wild Rice Salad with Ginger Dressing

From cookie + Kate

This delicious salad recipe features roasted sweet potato, wild rice and arugula. It's fresh, filling and nutritious! Enjoy this salad all week long.



Ingredients:

- 1 cup wild rice, rinsed
- ½ teaspoon fine sea salt, divided
- 1 ½ pounds sweet potatoes (2 medium or 3 small), peeled and sliced into 1" cubes
- 1 ½ tablespoons extra-virgin olive oil
- ¾ cup raw pepitas (green pumpkin seeds), sunflower seeds, chopped pecans or almonds, or any combination thereof
- 5 ounces arugula (about 5 packed cups)
- ½ cup crumbled feta or goat cheese (about 2 ounces)
- ½ cup thinly sliced green onion
- ¼ cup dried cranberries

Ginger dressing (this makes extra)

- ½ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar, to taste
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup or honey
- 2 teaspoons finely grated fresh ginger
- ½ teaspoon fine sea salt
- About 20 twists of freshly ground black pepper

Instructions:

- Cook the wild rice, once done, cover and let the rice rest for 10 minutes, then remove the lid, stir in ¼ teaspoon of the salt, and set aside.
- Meanwhile, to roast the sweet potatoes: Preheat the oven to 425 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper for easy cleanup. Place the cubed sweet potato on the pan, drizzle with the olive oil and sprinkle with ¼ teaspoon of the salt. Toss until the sweet potatoes are lightly and evenly coated in oil. 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 tender when pierced through with a fork. Leave the oven on and let the sweet potatoes cool for a few minutes.
- To make the dressing, simply combine all of the ingredients in a small bowl and whisk until thoroughly combined. Set aside.
- Combine the arugula, wild rice and roasted sweet potatoes (keep the parchment paper) in a large serving bowl or platter.
- Spread the seeds and/or chopped nuts on your parchment-covered baking sheet. Bake for 3 to 4 minutes, until lightly golden and fragrant (be sure to set a timer; we're toasting at high heat here).
- Spread the toasted seeds/nuts over the salad. Top with the crumbled feta, green onion and dried cranberries.