



# Harvest Bowl Salad with Avocado Balsamic Vinaigrette

8 servings  
1 cup per serving

## INGREDIENTS • DRESSING

- 1/2 medium avocado (diced)
- 3 tablespoons white balsamic vinegar
- 3 tablespoons water
- 2 tablespoons shallot (minced)
- 1 tablespoon avocado oil
- 1 tablespoon Dijon mustard (lowest sodium available)
- 1 tablespoon honey

## INGREDIENTS • SALAD

- 2 medium avocados (diced)
- 2 medium sweet potatoes (roasted, diced)
- 2 cups cooked quinoa
- 2 cups arugula
- 2 cups kale (torn or chopped)
- 2 medium Honeycrisp apples (diced)
- 1 cup Brussels sprout petals (roasted)
- 2 tablespoons roasted pecans (unsalted)
- 2 tablespoons roasted pumpkin seeds (unsalted, shelled)
- 2 tablespoons dried cranberries (unsweetened)

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Arrange frozen sweet potato slices on a baking sheet.
3. Bake for 15 to 18 minutes, or until the slice(s) is tender and easily pierced with a fork, or until heated through at desired consistency.
4. Meanwhile, grill the pineapple slices on high heat, 2-3 minutes per side, until grill marks appear. Remove from heat and set aside.
5. Carefully remove the baking sheet from the oven.
6. Top the sweet potato slice(s) with the ricotta cheese and grilled pineapple. Drizzle with honey. Garnish with fresh mint leaves if desired.

NUTRITION ANALYSIS	(PER SERVING)
Calories	390
Total Fat	16.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	9.0 g
Cholesterol	0 mg
Sodium	115 mg
Carbohydrates	55 g
Fiber	11 g
Sugars	12 g
Protein	8 g
Dietary Exchanges: 2 starch , 1 fruit, 1 vegetable, 3 fat	

*This recipe from Avocados From Mexico is an American Heart Association Heart-Check certified recipe.*

