

ROASTED VEGGIE SALAD

WITH MAPLE BALSAMIC VINAIGRETTE

INGREDIENTS:

Salad

- 1 bell pepper, chopped
- 1 pound sweet potatoes, skinned and chopped
- 1 pound Brussels sprouts, halved
- 1 red onion, sliced
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 tablespoons olive oil
- 1 cup spinach (for salad base)

Dressing

- 3 tablespoons olive oil
- 2 tablespoons balsamic vinaigrette
- 1 teaspoon maple syrup

DIRECTIONS:

Salad

1. Preheat oven to 400°F/200°C.
2. Combine all vegetables (except spinach) in a large bowl and stir.
3. Add remaining ingredients and stir.
4. Spread vegetables on a baking sheet and cook for 40 minutes.
5. In a bowl, add spinach and any other greens you prefer. Sprinkle roasted vegetables over the top.
6. Drizzle dressing over salad.
7. Enjoy!

Dressing

1. In a small bowl, combine all ingredients and stir until well-combined.