

THYME & TEMP

ROASTED BEETS & SWEET POTATO CHICKEN SALAD

WITH CILANTRO-TAHINI DRESSING

2 SALADS
25-45 MINUTES

INGREDIENTS

2 medium sweet potatoes, peeled and diced
2 large beets, peeled and diced
2 cups brussel sprouts
2 tbsp ground cumin
2.5 tbsp olive oil
Salt and Pepper
1 cup shredded chicken breast
2 cups spinach, washed and torn
1.5 cups romaine washed and torn
1/2 avocado to serve
1 tbsp hemp hearts to serve
1 tbsp toasted pumpkin seeds to serve

DRESSING

1/3 cup tahini
Juice of one and a half lemons
3/4 cup packed cilantro
1 tsp mild curry powder
1 tbsp maple syrup
Hot water to thin

INSTRUCTIONS

Preheat oven to 425. Spread sweet potatoes, beets, and brussels sprouts on separate baking trays and drizzle with olive oil, salt & pepper, and cumin. You may have to roast the vegetables in batches.

Roast the beets and sweet potatoes for about 25 minutes, or until turning crisp on the edges. Roast the brussels sprouts for 20 minutes.

While the vegetables are roasting make the dressing. Combine in a blender the tahini, lemon juice, curry powder, maple syrup and cilantro. Drizzle in hot water about 1/4 cup at a time until a thin sauce consistency is achieved.

Combine the greens, veggies, chicken in a serving dish and drizzle with the dressing. Top with pumpkin seeds and hemp hearts and enjoy!

