

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



Ingredients

- 1 large sweet potato, peeled and cut into 1-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

How to make it

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



PREP
TIME
10 min



COOK
TIME
50 min



TOTAL
TIME
60 min



SERVINGS
4

Made with



Quaker® Steel Cut Oats - Quick 3-Minute

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.