



LOADED MEDITERRANEAN SALAD

Makes 4 servings | Serving size: 1 salad

PREP TIME

15 min

COOK TIME

20 min

TOTAL TIME

35 min

Every bite of this hearty salad is full of flavor! I love a salad that has so many toppings you have to strategically get them all on your fork for the perfect bite.



Ingredients

- 1 sweet potato, cubed
- 1 (14.5-ounce) can sliced beets
- 2 tablespoons olive oil
- 2 teaspoons garlic salt
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- 8 cups spring mix salad
- 2 cups quinoa, cooked
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 red bell pepper, diced (about 1 cup)
- 1 large tomato, diced (about 1 cup)
- 1 cup carrot strips
- 1 cup hummus, your choice (I recommend avocado jalapeño hummus)
- ½ cup sun-dried tomatoes, chopped
- ½ cup artichoke hearts, chopped

Directions

1. Preheat oven to 400°F.
2. In a medium bowl, toss sweet potato and beets with olive oil, garlic salt, onion powder, and paprika.
3. Roast for 20 minutes until tender.
4. Assemble salads with 2 cups spring mix, ¼ potato-beet mixture, ½ cup quinoa, ¼ can garbanzo beans, ¼ cup pepper, ¼ cup tomatoes, and ¼ cup carrots. Mix together.
5. Top each salad with ¼ cup hummus, 2 tablespoons sun-dried tomatoes, and 2 tablespoons artichokes hearts. Enjoy!