



Makes 2 bowls
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

ORANGE VINAIGRETTE

½ tsp. orange zest

2 tablespoons juice from 1 orange

1 tablespoon white wine vinegar

1 tablespoon snipped fresh herbs, such as parsley, chives, or dill

1½ teaspoon Dijon-style mustard

Sea salt and freshly ground black pepper, to taste

BOWLS

1 small sweet potato, peeled and thinly sliced

1 teaspoon orange juice

⅛ teaspoon curry powder

⅛ teaspoon paprika

3 cups fresh baby spinach

1¼ cups cooked wheat berries

½ of a 15-oz. can no-salt-added cannellini beans, rinsed and drained

⅔ cup fresh blueberries

½ of an avocado, seeded, peeled, and sliced

Optional toppings: sliced green onions, sliced radishes, and/or fresh orange slices

Blueberry Spinach Salad Bowl with Orange Vinaigrette

Spice-enhanced oven-roasted sweet potatoes and a brightly flavored dressing make these colorful bowls extra special.

By Nancy Macklin, RDN

- 1 Make Orange Vinaigrette: Remove ½ tsp. zest and squeeze 2 Tbsp. juice from 1 orange. In a small bowl whisk together zest and juice, white wine vinegar, fresh herbs, and Dijon-style mustard. Season with salt and pepper to taste. Set aside.
- 2 Preheat oven to 375°F. Line a baking sheet with parchment paper. Arrange sweet potato slices in a single layer on baking sheet. In a small bowl stir together orange juice, curry powder, and paprika. Brush over sweet potato. Bake 15 to 20 minutes or until tender. Cool potato in pan on a wire rack.
- 3 Divide spinach between two bowls. Top with sweet potato, wheat berries, beans, blueberries, and avocado. Drizzle Orange Vinaigrette evenly over bowls. Add desired toppings.