

Clean Eating Fall Salad

This fall inspired salad is perfect if your into clean eating. It tastes best served slightly warm and features a combination of fresh spinach, seeds, nuts, cranberries, avocado, and hot roasted sweet potatoes seasoned with a generous drizzle of balsamic vinegar.

Recipe by [Francisco Ellis](#) | Created on **Mar 10, 2022**

Ingredients

- 1 ½ cups peeled, cubed sweet potatoes
- 1 teaspoon olive oil, or more as needed
- salt to taste
- ¼ cup walnuts
- ¼ cup almonds
- ¼ cup pumpkin seeds
- ¼ cup dried cranberries
- 4 cups fresh spinach
- 1 avocado, chopped
- 2 tablespoons balsamic vinegar

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Bring a pot of water to a boil over medium-high heat. Add sweet potatoes and boil until tender when pierced with a fork, about 10 minutes. Drain.
- Spread out sweet potatoes on an oven tray. Drizzle with olive oil and season with salt.
- Bake in the preheated oven until crispy, 15 to 20 minutes. Add walnuts, almonds, pumpkin seeds, and cranberries during the last 5 minutes of roasting and mix with the sweet potatoes. Remove from oven and allow to cool slightly.
- Arrange spinach on a salad platter. Spread warm sweet potato-nut mixture on top, add chopped avocado, and drizzle with balsamic vinegar. Mix gently with salad tongs before serving.

Nutrition Facts

Serving: **6 servings** | Calories: **198.7 kcal** | Carbohydrates: **17.7 g** | Protein: **4.8 g** | Saturated fat: **1.8 g** | Sodium: **64.7 mg** | Fiber: **5 g** | Sugar: **6.1 g**

Categories

Salad

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