

# QUINOA POWER SALAD

## INGREDIENTS

- 1 medium sweet potato, peeled and cut into 1/2-inch-thick wedges
- 1/2 red onion, cut into 1/4-inch-thick wedges
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt, divided
- 8 ounces chicken tenders
- 2 tablespoons whole-grain mustard, divided
- 1 tablespoon finely chopped shallot
- 1 tablespoon pure maple syrup
- 1 tablespoon cider vinegar
- 4 cups baby greens, such as spinach, kale and/or arugula, washed and dried
- 1/2 cup cooked red quinoa, cooled
- 1 tablespoon unsalted sunflower seeds, toasted

## DIRECTIONS

### Step 1

Preheat oven to 425 degrees F. Toss sweet potato and onion with 1 tablespoon oil, garlic powder and 1/8 teaspoon salt in a medium bowl. Spread on a large rimmed baking sheet and roast for 15 minutes.

### Step 2

Meanwhile, add chicken and 1 tablespoon mustard to the bowl; toss to coat. When the vegetables have roasted for 15 minutes, remove from the oven and stir. Add the chicken to the pan. Return to the oven and continue roasting until the vegetables are beginning to brown (watch onions as they may be done sooner) and the chicken is cooked through, about 10 more minutes. Remove from the oven and let cool.

### Step 3

Meanwhile, whisk shallot, maple syrup, vinegar and the remaining 1 tablespoon oil, 1 tablespoon mustard and 1/8 teaspoon salt in the large bowl.

### Step 4

When the chicken has cooled, shred it and place in the bowl with the dressing. Add baby greens, quinoa and the roasted vegetables. Toss with the dressing and sprinkle with sunflower seeds.



**Wisconsin Athletic Club**

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#### PER SERVING (ABOUT 3/4 CUP)

Serving Size: 3 1/2 Cups Per Serving: 466 calories; protein 28.7g; carbohydrates 35.4g; dietary fiber 5.5g; sugars 11.6g; fat 21.1g; saturated fat 3.1g; cholesterol 62.7mg; vitamin a iu 14701.2IU; vitamin c 29.7mg; folate 42.6mcg; calcium 116.4mg; iron 4mg; magnesium 118.4mg; potassium 665.8mg; sodium 716.2mg; thiamin 0.2mg; added sugar 6g. Exchanges: 3 1/2 Fat, 3 Lean-Protein, 1 1/2 Starch, 1 Vegetable, 1/2 Other Carbohydrate