

# Roasted Beets & Sweet Potato Salad

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/beets-sweet-potato-mexican-recipe>

## Ingredients:

- 3 beets
- 1 sweet potato
- 1 pinch salt
- 1/2 cup quinoa Uncooked
- 3 cups spinach
- 1 tablespoon goji berries
- 1 ounce goat cheese
- 1 tablespoon flax seed
- 1 tablespoon olive oil
- 1 tablespoon agave
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 180 milligrams
9. Sugar: 6 grams

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