

Kelly Q's HoneyDijon Apple Cranberry Summer Salad



Calories	500kcal
Fat	26g
Saturated Fat	10g
Carbohydrate	58g
Sugar	31g
Dietary Fiber	8g
Protein	8g
Cholesterol	30mg
Sodium	480mg



Honey Dijon Dressing
1 unit



Sweet Potato
1 unit



Spinach
1 unit



Dried Cranberries
1 unit



Shredded Monterey Jack Cheese
1 unit



Apple
1 unit



Crispy Fried Onions
1 unit



Shallot
1 unit



Sour Cream
1 unit

1

Adjust rack to middle position and preheat oven to 425 degrees. Wash and dry produce. Dice sweet potato into ½-inch pieces; toss on a baking sheet with a drizzle of oil and a pinch of salt and pepper. Roast on middle rack until browned and tender, 16-18 minutes; let cool for 5 minutes.

2

While sweet potato roasts, in a small bowl, combine cranberries and 2 TBSP hot water (4 TBSP for 4 servings); stir and set aside. Halve, core, and dice apple into ¼-inch pieces. Halve, peel, and thinly slice shallot.

3

In a large bowl, whisk together sour cream, dressing, and 1 tsp water (2 tsp for 4 servings).

4

Drain cranberries. Add sweet potato, spinach, apple, drained cranberries, half the cheese, half the crispy fried onions, and as much shallot as you like to bowl with dressing. Toss to combine. Taste and season with salt and pepper.

5

Divide salad between bowls and top with remaining cheese and remaining crispy fried onions.

*Biggest
Loser*

SUMMER 21

