Treasure Barrel

Roasted Beet Sweet Potato Avocado Salad

Roasted beet and sweet potato salad with avocado, ricotta, and lemon-tahini dressing.

20 min	30 min	50 min	4	Easy	Mediterranean
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 3 medium beets, peeled and cubed
- [ ] 2 sweet potatoes, cut into wedges
- [ ] 1 ripe avocado, sliced
- [ ] 1 cup ricotta cheese, softened
- [ ] 4 cups mixed greens (spinach, arugula, lettuce)

Dressing

- [ ] 3 tbsp tahini
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp olive oil
- [ ] 1 tsp maple syrup
- [ ] 1 clove garlic, minced
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Fresh dill or parsley, chopped
- [ ] Crumbled feta cheese
- [ ] Toasted pumpkin seeds

Instructions

1. Preheat oven to 400°F (200°C). Toss beets and sweet potatoes with olive oil, salt, and a pinch of smoked paprika; spread on a baking sheet.
2. Roast for 25-30 minutes, turning halfway, until caramel-soft and lightly browned. Let cool for a few minutes.
3. While the veg cooks, whisk together tahini, lemon juice, maple syrup, garlic, and enough water to reach a drizzle consistency; season with salt and pepper.
4. In a large bowl, combine mixed greens, roasted beets, sweet potatoes, and sliced avocado; gently fold in ricotta, then drizzle the lemon-tahini sauce.
5. Top with fresh herbs, optional feta, and pumpkin seeds. Serve alongside a slice of garlic potatoes or a crisp loaf.

Nutrition per serving

420 kcal	12 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The beets can be roasted ahead of time and stored in the fridge for up to two days.
- For a vegan version, replace ricotta with a dollop of cashew cream.
- Adjust the lemon-tahini thickness by adding more water or tahini according to your preference.