

Choco Fever Dream

Roasted Beet Sweet Potato Avocado Salad

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 medium beets, peeled and cubed
- [ ] 2 sweet potatoes, peeled and cubed
- [ ] 1 ripe avocado, diced
- [ ] 2 tbsp olive oil
- [ ] 1 lime, juiced
- [ ] ¼ cup toasted pumpkin seeds
- [ ] Salt and freshly ground black pepper to taste

Optional Dressing

- [ ] 1 tsp honey
- [ ] 1 tsp Dijon mustard
- [ ] 1 tbsp extra-virgin olive oil

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. Toss the beet and sweet potato cubes with olive oil, salt, and pepper. Spread evenly on the sheet.
3. Roast for 25-30 minutes, turning halfway, until tender and lightly caramelized.
4. While vegetables roast, toast pumpkin seeds in a dry pan over medium heat until fragrant.
5. In a large bowl, combine roasted beets, sweet potatoes, diced avocado, toasted seeds, lime juice, and optional dressing. Toss gently.
6. Taste, adjust seasoning, and serve at room temperature or slightly warm.

Nutrition per serving

280 kcal	5 g	30 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the roasted vegetables to cool slightly before adding avocado to prevent it from turning brown.
- If you prefer a bit more acidity, add a splash of apple cider vinegar.
- For extra herbaceous notes, sprinkle fresh cilantro or parsley just before serving.