Plate Dream

Roasted Beet Sweet Potato Avocado Salad

A colorful, nutritious salad featuring roasted beets, sweet potatoes, creamy avocado, and a bright lemon-

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

Ingredients

Main Ingredients

- [ ] 3 medium beets, washed and cubed
- [ ] 2 medium sweet potatoes, peeled and cubed
- [ ] 1 ripe avocado, sliced
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste
- [ ] 1/4 cup pumpkin seeds, toasted

For the Dressing

- [ ] 3 tbsp tahini
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] 1 tsp Dijon mustard
- [ ] 2 tbsp warm water (more if needed)
- [ ] Pinch of sea salt

Whipped Ricotta

- [ ] 1 cup ricotta cheese
- [ ] 1 tsp honey
- [ ] Pinch of black pepper

Instructions

1. Preheat the oven to 425°F (220°C). Toss beet and sweet potato cubes with olive oil, salt, and pepper, then spread on a baking sheet.
2. Roast for 25-30 minutes, turning once, until the edges caramelize and the interior is tender. (If you love a harvest salad, this step mirrors its sweet-savory balance.)
3. While the veg roasts, whisk together tahini, lemon juice, honey, mustard, and warm water until smooth; season with a pinch of salt.
4. In a separate bowl, beat ricotta with honey and black pepper until light and airy.
5. In a large serving bowl, combine the warm roasted vegetables with sliced avocado; drizzle the tahini dressing and toss gently.
6. Top with whipped ricotta, toasted pumpkin seeds, and an extra drizzle of lemon-tahini if desired. Serve at room temperature.

Nutrition per serving

420 kcal	14 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the roasted vegetables to cool slightly before mixing with avocado to prevent bruising.
- If the dressing thickens, add a splash more warm water to reach pourable consistency.
- Taste the ricotta mixture; a tiny pinch of lemon zest can brighten it further.