

Fall-Inspired Cooking Demo
November 2, 2020

Harvest Salad

Ingredients:

3 cups (~2) medium sweet potatoes, chopped and roasted
1 package (4.3 ounces) Long Grain and Wild Rice Mix, prepared
1 large apple, sliced
1 ripe avocado, sliced
1/2 cup dried cranberries
1/2 cup sliced almonds
8-10 ounces mixed greens lettuce I use a 50/50 blend spinach & spring mix leaves
Crumbled Goat Cheese or Feta

Balsamic Dressing

1/4 cup aged balsamic vinegar
1/4 cup extra virgin olive oil
2-3 tablespoons honey
2 teaspoons Dijon mustard
1/2 teaspoon dried thyme
1 clove garlic, minced
Salt and pepper

Instructions:

Prepare dressing by mixing all ingredients together. Top mixed greens with all other toppings and desired amount of dressing.

Adapted from <https://www.chelseasmessyapron.com/roasted-sweet-potato-and-wild-rice-salad/>
Salad dressing infographic: <https://www.foodnetwork.com/fn-dish/shows/2015/03/salad-dressing-infographic-all-star-academy>

Brussels Sprouts:

Ingredients

1 pound (454 g) brussels sprouts , ends removed and cut into bite sized pieces
2 Tablespoons (15 ml) olive oil , or more if needed
1 Tablespoon (15 ml) balsamic vinegar
salt , to taste
black pepper , to taste

Instructions

1. Put cut brussels sprouts to bowl. Drizzle oil and balsamic vinegar evenly over the brussels sprouts. Sprinkle salt and pepper evenly over the brussels sprouts. Stir to combine everything and long enough so that all the brussels sprouts soaks up the marinade.
2. Add brussels to the air fryer basket. Air fry at 360°F for about 15-20 minutes. Shake and gently stir half way through, about 8 minutes into cooking.