Cooking with WINE

wine
Women IN the New Evangelization
"Arise and Eat"
1 Kings 19:5

Roasted Harvest Salad

A colorful, hearty salad filled with crisp apples, roasted vegetables, wild rice, pecans, and dried cranberries—perfect for an autumn gathering.

INGREDIENTS

Serves 8

- 280 g (10 oz) mixed greens (lettuce, arugula, spinach, watercress, etc.)
- 2 medium green apples, diced
- 2 cups pecans
- 1 cup dried cranberries
- 300 g roasted sweet potato, cubed (about 2 cups)
- 1 cup cooked wild rice
- 1 cup roasted mushrooms
- Olive oil, for roasting
- Garlic salt, to taste
- Pepper, to taste
- Paprika, to taste
- **Honey Apple Cider Vinaigrette**, for serving

Watch video demonstration

DIRECTIONS

- Cook the wild rice according to the package directions and preheat the oven to 400°F.
- Toss the sweet potato cubes with olive oil, paprika, garlic salt, and pepper. Arrange on a baking sheet and roast for 15 minutes.
- Add the quartered mushrooms to the same pan. Continue roasting for about 15 minutes, until the sweet potatoes and mushrooms are tender. Meanwhile, wash and thoroughly dry the greens and dice the apples.
- In a large serving bowl, combine the greens, cooked wild rice, roasted sweet potatoes, and mushrooms. Add the diced apples, pecans, and dried cranberries.
- Drizzle with **Honey Apple Cider Vinaigrette** and gently toss just before serving.

Cook's Note: Toss gently to keep the greens fresh and prevent the apples and delicate greens from bruising.