



Lisa's Salad (Beet, Sweet Potato & Avocado with Citrus Honey Dressing)

This is one of those salads that feels special without being complicated. Earthy beets, tender roasted sweet potato, creamy avocado, briny olives, and fresh herbs come together with a bright citrus-honey dressing. It's vibrant, nourishing, and deeply satisfying—yet elegant enough for company or special occasions.

This salad is rich in fiber, antioxidants, healthy fats, and minerals, but it eats like a celebratory platter rather than a “health food” salad. It's the kind of dish people ask about—and then ask for again.

A note on prep

- **Sweet potato:** Roasting it ahead of time makes this salad effortless to assemble. I often bake mine the night before.
- **Beets:** Purchasing already cooked beets is highly recommended. It keeps this salad easy, approachable, and repeatable.

Ingredients

Salad

- 2 medium cooked beet roots, sliced
- 1 large roasted sweet potato, cubed
- 1/2 red onion, thinly sliced
- 1 avocado, sliced
- 1/3 cup green olives, halved
- 2 TB fresh parsley, chopped
- 1 TB fresh mint, chopped
- 1/3 cup feta cheese, crumbled

Dressing

- 3 TB fresh lemon juice
- 1 TB fresh orange juice
- 2 TB extra virgin olive oil

- 1 TB honey

Instructions

Optional prep (recommended)

Roast the sweet potato at 400°F for about 45 minutes, or until tender. Cool completely, then cube. (Best to do this the night before.)

Make the dressing

Whisk together the lemon juice, orange juice, olive oil, and honey. Set aside.

Assemble the salad

Arrange the beets, sweet potato, and avocado on a platter. Scatter the red onion and olives around the vegetables. Drizzle with the dressing, then finish with the feta, parsley, and mint.

If you want to know more about the value of eating beets, click [HERE](#)