Autumn Harvest Bowl

2 cups mixed greens

1/2 cup quinoa cooked

1 small sweet potato

1 apple, sliced thin

1/4 cup chickpeas rinsed

2 tbsp dried cranberries

2 tbsp goat cheese

for the dressing:

2 Tablespoon dijon mustard

1 Tablespoon maple syrup

Roast sweet potato.  Let cool.

Dice into 1" cubes.

Divide greens between 2 bowls.

Top with sweet potatoes.

Add remaining ingredients.

Drizzle with dressing.