



Sweet Potato Pecan Salad

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 30 MINS

INGREDIENTS

For the salad:

- 2 large sweet potatoes, cut into cubes
(20 ounces)
- 1 tbsp. extra virgin olive oil
- 1 tsp. paprika powder
- 1 tsp. garlic powder
- 1 tsp. salt
- 6 cups arugula or baby spinach
- 1 avocado cubed (4 ounces)
- 1/3 cup raw pecans, roughly chopped

For the dressing:

- 2 tbsp. extra virgin olive oil
- 2 tbsp. apple cider vinegar
- 2 tsp. honey or maple syrup
- 2 tsp. fresh ginger
- 1/4 cup thinly sliced red onion

DIRECTIONS

1. Preheat the oven to 400°F.
2. Place the sweet potato cubes on a baking tray with a drizzle of olive oil and toss with paprika, garlic powder, and salt.
3. Bake for 15 minutes, then toss and bake for another 15 minutes, or until tender. Alternatively, you can air fry for about 15-20 minutes, tossing halfway.
4. While the sweet potato is cooking, mix the salad dressing together in a large bowl and add the onions.
5. Remove the sweet potatoes from the oven and while hot, place them into the large bowl with the salad dressing, then let them cool for 5 minutes.
6. Once cool, add the arugula or baby spinach and toss well.
7. Divide the salad into 4 bowls, adjusting with salt and pepper to taste, then top with avocado and pecans in each bowl.

NUTRITION

Serving size: 1.5 cups
(per serving) 254.4 calories, 16.7g fat, 2.5g saturated fat, 0mg cholesterol,
400.3mg sodium, 25.3g carbohydrate, 6.9g fiber, 9.9g sugar, 3.9g protein