



Sweet Potato Harvest Salad

Servings 6 | Prep time 15 mins. | Total time 45 mins.

Equipment: Baking sheet, aluminum foil, Large bowl
Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

3 large sweet potatoes (about 2 pounds total), cubed
2 tablespoons olive oil OR vegetable oil
1 teaspoon salt
1/2 teaspoon black pepper
2 cups salad greens, packed into cup
1/2 cup pecan halves (optional)
1/2 cup reduced sugar dried cranberries
1/2 cup feta cheese, crumbled
1/2 cup Celebrate Your Plate Vinaigrette Salad Dressing OR vinaigrette salad dressing

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 425 degrees.
3. Line baking sheet with aluminum foil.
4. Transfer sweet potatoes to pan. Add oil, salt, black pepper. Toss to combine. Spread into a single layer.
5. Roast for 15 minutes. Turn over sweet potatoes, and put back in oven for 10 to 15 more minutes or until tender. When finished remove from oven and let cool for at least 10 minutes.
6. Transfer the sweet potatoes to a large bowl. Add salad greens, pecan halves (if using), dried cranberries, and feta cheese. Toss gently. Drizzle with Celebrate Your Plate Vinaigrette Salad Dressing, or your favorite vinaigrette salad dressing. Serve warm or at room temperature.

Nutritional Information:

Calories 260
Total Fat 13g
Sodium 760mg
Total Carbs 34g
Protein 4g