

# Warm Sweet Potato Pecan Salad

|            |   |
|------------|---|
| Prep Time  | 20 mins                                       |
| Total Time | 40 mins                                       |
| Meal Type  | Lunch,Dinner,Side                             |
| Source     | <a href="#">Living Plate Teaching Kitchen</a> |
| Servings   | 6   |



## Salad

### Ingredients

lb,c g,ml

- 3 medium sweet potatoes, *cut into cubes* (2 lbs)
- 1 bell pepper, red, *seeded and diced*
- 1/2 red onion, *diced*
- 1/4 cups parsley, fresh, *chopped*
- 1/3 cups pecan, *halves, raw*
- salt, *to taste*
- pepper, *to taste*

### Directions

#### Prep

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment paper
3. Prepare the ingredients according to the instructions

#### Make

1. Put sweet potatoes in a large bowl and toss with 2 tablespoons of olive oil. Spread out evenly on a baking sheet.
2. Roast until potatoes can be easily pierced with a fork but are not mushy – about 20 minutes.
3. Remove potatoes from the oven and while warm put them into a large bowl along with diced peppers, onion, and parsley. Toss to combine.

## Dressing

### Ingredients

lb,c g,ml

- 3 Tbs Dijon mustard
- 1 tsp garlic, *minced*
- 1 tsp maple syrup
- 3/4 cups olive oil
- 1/4 cups apple cider vinegar
- 1 Tbs Worcestershire sauce
- 2 Tbs lemon juice, *fresh*

### Directions

#### Make

1. Add ingredients for dressing to a mason jar and shake vigorously. Adjust to taste.
2. Pour dressing over sweet potatoes, add pecans and toss gently.
3. Serve over arugula.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| <b>Nutrition Facts</b>   |            | Amount/serving        | % Daily Value* | Amount/serving                 | % Daily Value* |
|--|------------|-----------------------|----------------|--------------------------------|----------------|
| <b>Calories</b><br>per serving   | <b>376</b> | <b>Total Fat</b> 4.5g | 6%             | <b>Total Carbohydrates</b> 21g | 7%             |
|  |            | Saturated Fat 0.4g    | 1%             | Dietary Fiber 4g               | 16%            |
|  |            | Trans Fat 0.0g        |                | Total Sugars 7g                |                |
|  |            | Cholesterol 0mg       | 0%             | <b>Protein</b> 2g              |                |
|  |            | <b>Sodium</b> 278mg   | 12%            |                                |                |
| Vitamin D 0mcg 0% · Calcium 32mg 3% · Iron 1mg 5% · Potassium 335mg 7% |            |                       |                |                                |                |

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -