

ROASTED SWEET POTATO AND AVOCADO SALAD



INGREDIENTS

- 10 cups of sweet potatoes, washed and diced (about 3-4 medium to large potatoes)
- 2 tbsp. extra virgin olive oil
- 1 tsp. sea salt
- 4 oz. baby spinach, washed and chopped
- 1/2 cup red onion, thinly sliced
- 1 tbsp. apple cider vinegar
- 1 tsp. ground white pepper
- 2 tbsp. lemon juice
- 1/2 cup dried cranberries
- 1 ripe avocado, large chunks
- 1 tbsp. toasted sesame seeds

DIRECTIONS

- Wash the sweet potatoes with a brush to clean the skin and remove all the dirt. Dice into 1 inch pieces and toss in a bowl with 1 tbsp. of extra virgin olive oil and 1 tsp. of sea salt. Place on a baking sheet and roast for about 30 minutes in a 350 degree oven.
- Allow to cool when fully cooked. This can be done a few days in advance and refrigerated until you are ready to make the salad.
- Next, in a bowl place the sliced red onion, dried cranberries, chopped baby spinach, roasted sweet potatoes, cranberries, lemon juice, apple cider vinegar, 1/2 tsp. sea salt, 1/2 tsp. ground white pepper, and the last of the extra virgin olive oil.
- Toss evenly until mixed, then fold in the diced avocado. Place in a nice serving dish and sprinkle with the sesame seeds.