

Integrative Health Institute

46 Sherbourne Street, 2nd Floor

Toronto, ON

M5A 2P7

416 260 6038

www.integrativehealthinstitute.ca



Sweet Potato Salad

Created By: Erin Wiley

Serves 1-2

Ingredients:

Salad:

- Organic Mixed Greens (or leaf lettuce)
- 1 large (or 2 small) sweet potato(s)
- Cashews or nuts of your choice
- olive oil
- salt and pepper (to taste)
- soft goat cheese (or feta)

Dressing

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/2 tbsp maple syrup
- salt and pepper

Directions:

Pre heat oven to 350 Degrees. Slice sweet potato 1 cm thick and toss in olive oil and salt and pepper. Place on a baking sheet and bake for 20-25 minutes until tender. Wash and prepare mixed greens in a large bowl. Toss with nuts and dressing. Serve salad on a plate topped with warm sweet potato slices. Top with crumbled goat cheese.

Special Notes: Great when potato is warm!