



# 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 cup parsley, *fresh, chopped*
- 1/3 cup 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 cup olive oil
- 1/4 cup 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.

**Nutrition  
Facts**

**Calories** **376**  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	6%
Saturated Fat 0.4g	1%
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 278mg	12%
Vitamin D 0mcg 0% · Calcium 32mg 3% · Iron 1mg 5% · Potassium 335mg 7%	

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 21g	7%
Dietary Fiber 4g	16%
Total Sugars 7g	
<b>Protein</b> 2g	

\* 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.

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