

## SALAD WITH SWEET POTATO "CROUTONS" AND ORANGE DRESSING

### INGREDIENTS AND INSTRUCTIONS:

#### CROUTONS:

1 SWEET POTATO, PEELED AND CUT INTO ½" CUBES  
1 TSP OLIVE OIL  
PINCH OF SALT AND PEPPER  
½ TSP OF SMOKED PAPRIKA

HEAT OVEN TO 400 DEGREES FAHRENHEIT  
LINE SHEET PAN WITH FOIL OR PARCHMENT PAPER  
PLACE SWEET POTATO CUBES IN BOWL AND DRIZZLE WITH OLIVE OIL AND TOSS  
ADD SALT, PEPPER AND SMOKED PAPRIKA AND TOSS AGAIN  
SPREAD OUT ON THE PREPARED SHEET PAN AND BAKE FOR 15 MINUTES, TURNING CUBES ONCE HALFWAY THROUGH, UNTIL A  
FORK EASILY PIERCES THE CUBES  
LET COOL SLIGHTLY BEFORE ADDING TO SALAD

#### DRESSING:

¾ CUP OF OLIVE OIL  
1 ORANGE  
WHITE WINE  
VINEGAR  
SALT, PEPPER AND SMOKED PAPRIKA TO TASTE

PUT OLIVE OIL IN MASON JAR WITH LID.  
CUT ORANGE IN HALF AND SQUEEZE JUICE INTO A MEASURING CUP.  
ADD ENOUGH WHITE WINE VINEGAR TO SAME MEASURING CUP WITH THE ORANGE JUICE TO EQUAL ¼ CUP  
POUR THE VINEGAR/ORANGE JUICE MIX INTO THE MASON JAR WITH THE OIL  
ADD SALT, PEPPER, AND SMOKED PAPRIKA TO TASTE  
SCREW ON LID AND SHAKE TO COMBINE BEFORE USING ON SALAD  
NOTE: THIS MAKES ENOUGH DRESSING FOR SEVERAL SALADS. WILL KEEP IN REFRIGERATOR FOR 1 WEEK

#### SALAD:

1 - 5 OZ CONTAINER OF SPRING MIX SALAD GREENS (OR LETTUCE OF YOUR CHOICE)  
1 AVOCADO, CUBED  
1 THIN SLICÉ OF RED ONION  
2 TBS SUNFLOWER SEEDS (PREFERABLY UNSALTED)  
2 TBS SWEETENED, DRIED CRANBERRIES  
2 TBS CRUMBLÉD FETA CHEESE

TOSS ALL INGREDIENTS TOGETHER IN A LARGE BOWL. ADD SWEET POTATO CROUTONS AND DRESSING BEFORE SERVING.

#### FRUIT JUICE SPRITZER:

4 OZ OF NO SUGAR ADDED OR LOW SUGAR FRUIT JUICE (ANY FLAVOR), CHILLED  
4 OZ OF SPARKLING OR SELTZER WATER, CHILLED  
ADD BOTH LIQUIDS TO A GLASS AND ENJOY!