

## Roasted Sweet Potato Salad

Recipe adapted from The Whole Kids Foundation -  
[wholekidsfoundation.org/resources/recipe/roasted-sweet-potato-salad](http://wholekidsfoundation.org/resources/recipe/roasted-sweet-potato-salad)

<u>U.S.</u>		<u>Metric</u>
2 each	Sweet Potatoes, peeled, diced small	2 each
1/2 each	Red Onion, thin julienne	1/2 each
1/4 tsp	Black Pepper, ground	0.6 g
1/2 tsp	Cinnamon, ground, divided in half	1.3 g
1 Tbsp	Olive Oil	15 mL
1/3 cup	Balsamic Vinegar	79 mL
1/4 cup	Honey	84 g
2 Tbsp	Chives, finely chopped	6 g
1/4 tsp	Salt, Kosher	1.5 g
4 cups	Arugula	80 g

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F. Prepare a baking tray with parchment paper.
3. Toss sweet potatoes with red onion, black pepper, half of the cinnamon, and olive oil. Transfer to the baking tray and roast until tender, about 45 minutes.
4. While potatoes are roasting, whisk together the honey, vinegar, remaining cinnamon, chives, and salt in a medium bowl.
5. Toss the arugula in half of the dressing. Toss the remaining dressing with the sweet potatoes. Keep separate until you are ready to serve.

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**Nutrition Facts****Serving size** 1 1/2 cups  
**Servings** 5**Calories** 148  
Calories from Fat 25

Total Fat 3 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 135 mg

Carbohydrates 30 g

Dietary Fiber 2 g

Sugars 20 g

Protein 1.5 g

Vitamin A 260 %

Calcium 5 %

Vitamin C 7 %

Iron 5 %

Phosphorus 39 mg

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