

Sweet Potato Quick Meals Recipe Competition
Sponsored by the North Carolina Sweet Potato Commission

Second Place: Carol Brown, Mebane

Sweet Potato Power Salad

4-6 sweet potatoes, peeled and diced to yield 6 cups

2 tsp. plus 1 Tbsp. olive oil

$\frac{3}{4}$ tsp. salt, divided

1 $\frac{1}{2}$ bunch curly kale, rinsed and chopped to yield 7-8 cups (less if chopped finer)

Juice of $\frac{1}{2}$ large lemon

1 (15 oz.) can garbanzo beans, rinsed and drained

1 large avocado, pitted and diced

$\frac{1}{2}$ cup cranberries

$\frac{1}{2}$ cup almonds, coarsely chopped

$\frac{1}{4}$ cup red onion, chopped

$\frac{1}{2}$ cup Feta or Goat Cheese

Whisk together Dressing:

2 Tbsp. pure maple syrup

2 Tbsp. olive oil

$\frac{1}{4}$ cup white balsamic vinegar

Preheat oven to 375 degrees. Place sweet potatoes in a large bowl. In a small bowl, whisk together lightly; 2 tsp. olive oil, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. black pepper. Toss on sweet potatoes and place sweet potatoes on a large baking sheet to bake for 35-40 minutes until tender (stir once during baking). This step can be done the night before.

Place chopped kale in a large bowl. In a small bowl, whisk together lightly; 1 Tbsp. olive oil, $\frac{1}{2}$ tsp. salt, and juice from lemon. Pour over the kale and massage with hands until mixed, about 1 minute. This softens and tenderizes the kale. Add to the bowl of kale; cranberries, almonds, red onion, avocado, sweet potatoes and cheese.

Toss with salad dressing and serve.

*Delicious with warm multigrain bread for a healthy lunch.

This recipe is "Vegan" friendly if you omit the cheese.