

Sweet Potato Cranberry Salad with Lemon Balsamic Vinaigrette



Servings: 4

For the Sweet Potato Cranberry Salad:

2 medium sweet potatoes, chopped into cubes

2 cups mixed greens

1 carrot, shredded

1/2 cup dried cranberries

1/2 cup almonds

For Lemon Balsamic Vinaigrette:

3 tablespoons lemon juice

1/4 cup balsamic vinegar

1 tablespoon Dijon mustard

1/3 cup olive oil

salt and pepper, to taste

Preheat oven to 350°F. Wash the sweet potato and chop into cubes. Place on a baking tray and roast for 45 minutes or until tender. Set aside to cool.

In a bowl combine sweet potatoes, mixed greens, carrot, dried cranberries, and almonds.

In a small bowl whisk together lemon juice, balsamic vinegar, Dijon mustard, olive oil, salt, and pepper.

Add the Lemon Balsamic Vinaigrette to the salad and toss to coat.

Serve

Per Serving (excluding unknown items): 401 Calories; 27g Fat (58.3% calories from fat); 5g Protein; 38g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 52mg Sodium; 21g Total Sugars; 0mcg Vitamin D; 80mg Calcium; 1mg Iron; 438mg Potassium; 127mg Phosphorus. Exchanges: .