



## Sweet Potato Salad

Makes: 6 servings

### Ingredients:

3 large sweet potatoes, diced  
1 cup red onion, diced  
1 tablespoon extra virgin olive oil  
½ cup fat free crumbled feta  
¼ cup dried cranberries  
¼ cup freshly chopped parsley

### For the dressing:

¼ cup Extra Virgin Olive Oil  
2 tablespoons apple cider vinegar  
1 tablespoon Dijon mustard  
1 tablespoon honey  
½ tsp ground cumin  
¼ tsp ground paprika

### Directions:

1. Preheat oven to 400 degrees.
2. Add 3 large, diced sweet potatoes, onions, and 1 tbsp extra virgin olive oil to mixing bowl. Stir.
3. Evenly distribute sweet potato mixture onto a large rimmed baking sheet and place in oven for 25 minutes.
4. Meanwhile, make dressing: In a small bowl, whisk together apple cider vinegar, Dijon mustard, honey, cumin, and paprika. Gradually pour in extra virgin olive oil, whisking until emulsified.
5. Once sweet potatoes are cooked, allow them to cool for 10 minutes then transfer to large bowl.
6. Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.

Nutrition Information per serving: 227 calories, 28 g carbohydrates, 5 g protein, 12 g fat, 178 mg sodium, 12 g sugar