Sweet Potato and Cauliflower Salad

Ingredients:

- 1 1/2 pounds small sweet potatoes, cut lengthwise into 1/2-inch wedges
- 1 small head cauliflower, cut into florets
- 7 tablespoons extra virgin olive oil, separated
- 3 tablespoons red wine vinegar
- 8 cups mixed baby lettuce
- 2/3 cup pomegranate seeds
- 1/4 teaspoon black pepper
- 1/8 teaspoon kosher salt

Directions

1. Toss together sweet potatoes, cauliflower, 3 tablespoons olive oil, salt, and pepper on a rimmed baking sheet. Roast at 425°F, tossing once until golden, 25 to 30 minutes; cool.
2. Whisk together remaining olive oil, sherry vinegar, salt, and pepper in a bowl. Add lettuce, pomegranate seeds, and roasted vegetables; toss to coat. Serve immediately.

Nutrition Facts

Serving Size (162g)
Servings Per Container 8

Amount Per Serving

Calories 200	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 2g	

Vitamin A 310% • Vitamin C 20%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

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