Sweet Potato and Cauliflower Salad

Ingredients:

- 11/2 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

Source: countryliving.com

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	
B	

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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

