Moroccan Sweet Potato Sunshine Salad

Ingredients:

Date Vinaigrette

- 2 pitted dates, soaked in hot water for at least 5 minutes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2-inch fresh ginger, peeled and chopped
- 1/2 teaspoon ground coriander
- 1/8 teaspoon chili flakes
- 1/8 teaspoon ground cinnamon
- Salt and pepper to taste
- Reserved date soaking water

Salad Ingredients

- 1 1/2 pounds mini sweet potatoes
- 2 medium carrots, peeled and diced
- 2 bell peppers, seeded and diced into 3/4 inch pieces
- 1/2 cup cherry tomatoes, halved
- 1/2 small red onion, sliced thin
- 1/2 to 1 cup cooked chickpeas
- 1 bunch cilantro leaves, roughly chopped
- 1 sprig of mint, chopped
- 1/4 cup shelled pistachios, chopped

Directions

1. Make the dressing: combine the soaked dates (reserving the water), olive oil, lemon juice, Dijon mustard, chopped ginger, ground coriander, chili flakes, cinnamon, salt, and pepper in an upright blender. Blend on high, stopping to scrape the sides if necessary. Add a couple spoonfuls of the date soaking water to get the blade moving, if necessary. You want it totally pureed and almost creamy. Check the vinaigrette for seasoning, adjust, and set aside.
2. Place the mini sweet potatoes in a large pot and cover them with cold water. Place the pot over medium heat and bring to a boil. Simmer the sweet potatoes until they're nice and tender, about 20 minutes. Drain the sweet potatoes and place them in an ice bath to cool them down quickly.
3. Once the sweet potatoes are cool enough to handle, cut them into 1-inch pieces. Place cut sweet potatoes in a large bowl along with the diced carrots, bell peppers, cherry tomatoes, red onion slices, chickpeas, cilantro, and mint. Season all the vegetables with salt and pepper. Add the date vinaigrette to the bowl and toss the vegetables and chickpeas to coat. Sprinkle the chopped pistachios on top and serve.

Nutrition Facts

Serving Size (228g)
Servings Per Container 7

Amount Per Serving

Calories 270 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**28%**
Sugars 11g	
Protein 5g	

Vitamin A 430% • Vitamin C 100%

Calcium 6% • Iron 6%

*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

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