

Seasonal Eating



Sweet Potato Orange Winter Salad

- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon finely chopped fresh rosemary
- 1 large sweet potato, peeled and cut into 1/2" cubes
- 3 tablespoons fresh orange juice
- 2 tablespoons olive oil
- 1 tablespoon whole grain mustard
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 oranges, cut into supremes
- 1/4 cup vertically sliced red onions
- Baby spinach
- 3 tablespoons pine nuts, toasted

In a bowl toss the olive oil, salt, rosemary and sweet potatoes together to coat potatoes. Spread on a parchment lined baking sheet and roast at 400 degrees for 30-40 minutes until fork tender, stirring occasionally. Remove from oven and cool. In the meantime make the dressing by whisking together the orange juice, olive oil, mustard, vinegar, honey, salt and pepper. Combine the cooled sweet potatoes, orange supremes and red onions and toss with a couple of spoonfuls of dressing. Toss the spinach with the dressing and place on plates. Top with sweet potato mixture and sprinkle with pine nuts.