



Cooking in the Kitchen at Olum's

Molly Morgan RD, CDN, CSSD
*Delicious Recipes
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Sweet Potato and Blueberry Salad

Serves 2

Ingredients:

- 3 small sweet potatoes cut into ¼ -inch cubes
- 1 teaspoon extra virgin olive oil
- 3 ½ cups baby spinach, rinsed and dried
- 1 cup fresh blueberries
- 2 ounces blue cheese, crumbled
- ½ cup balsamic dressing

Directions:

1. Preheat the oven to 425° F.
Arrange the sweet potato cubes on a baking sheet or in a baking dish.
2. Sprinkle the olive oil over the sweet potatoes and toss to coat.
3. Bake the sweet potatoes until they are lightly browned and tender, about 25 to 30 minutes, stirring occasionally throughout the baking process.
4. Arrange the spinach on a serving platter and top with the sweet potatoes, blueberries, and blue cheese.
5. Immediately before serving the salad, warm the balsamic dressing in a microwave for 20 – 30 seconds, then drizzle the warm dressing over the salad and toss to combine. Serve.

Recipe from Molly's book, Skinny Size-It (Harlequin Non-Fiction 2014)

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