

Roasted Sweet Potato Salad with Arugula & Balsamic Vinegar

Swick

Serves 4 | Active Time: 1 hour 15 minutes | Total Time: 1 hour 15 minutes

Preparing the Sweet Potatoes

Preheat oven to 375°F (190°C) for a convection oven or 475°F (245°C) for a conventional oven.

Toss the sweet potatoes with the vinegar, freshly-ground black pepper, and cinnamon.

On a non-stick sheet pan, or one lined with parchment or a silpat, spread out the potatoes evenly. Place in the oven and roast, turning vegetables over once, for 15-20 minutes or until tender and slightly browned.

Let the potatoes cool until they are near room temperature.

Step 1: Preparing the Sweet Potatoes

- 2 cups sweet potatoes, peeled and cut in 1-inch cubes
- 2 tbsp white balsamic vinegar
- 1/4 tsp freshly ground black pepper
- 1/4 tsp cinnamon

Step 2: Preparing the Dressing

- 1/2 cup white balsamic vinegar
- 3 tbsp liquid sweetener
- 1/4 tsp cinnamon
- 2 tbsp fresh chives, minced

Prepare the dressing while the potatoes are roasting.

In a small bowl, whisk together the remaining balsamic vinegar, honey, cinnamon and chives.

Step 3: Finishing the Dish

- 4 cups baby arugula
- 1 small fennel bulb, thinly shaved on mandolin

To finish the dish, in a large bowl, gently toss together the arugula and shaved fennel. Next, add the potatoes, drizzle with dressing and toss.

To serve, place a large helping of salad on a plate and sprinkle with toasted seeds or nuts for an added crunch.