

Sweet Potato Salad

Meal time: Lunch

Meal course: Main

Meal type: Vegan

Difficulty: Easy

Servings: 2

Total time: 25 minutes

Ingredients

60 g baby leaf salad
 1/2 TSP pepper
 1 large sweet potato, cut into small cubes
 1 TSP salt
 1 ripe avocado
 2 TBSP olive oil
 10 cherry tomatoes, cut into quarters
 1 lime, zest and juice
 shaved Parmesan, for topping

Nutrition Facts

	Amount per serving
Calories	514
Total Fat	32 g
Saturated Fat	5 g
Total Carbohydrate	54 g
Dietary Fiber	14 g
Total Sugars	11 g
Protein	8 g
Cholesterol	13 mg
Vitamin D	2 IU
Calcium	65 mg
Iron	2.4 mg
Potassium	1150 mg
Sodium	1440 mg

Instructions:

1. Toss potato cubes with some olive oil and 1/2 TSP salt and place in a baking tray.
2. Bake in a preheated oven at 180 C until they are soft, for about 25 minutes.
3. Cut one avocado half into pieces and mash another half. Transfer both to a bowl and add in cherry tomatoes along with cashews, and lime juice and zest.
4. Drizzle with some oil and season with pepper and salt, to taste.
5. Once potatoes are done, take them out from oven and allow to cool. Then transfer to a bowl with remaining ingredients.
6. Toss well and serve.

Notes: sweet potato is a great potato substitute for low carb diet. This recipe is loaded with fiber and antioxidants.