



Sweet Potato Apple Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- Juice of 1 orange
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 1 cup canned sweet potatoes, drained and rinsed
- 1 cup collard greens, thinly sliced
- 1 cup romaine lettuce, chopped
- 1 red apple, thinly sliced
- ½ cup green onions, chopped
- Optional: 1/3 cup walnuts

DIRECTIONS

1. In a mason jar, combine juice of 1 orange, olive oil, apple cider vinegar, salt, pepper, and thyme. Shake well to combine.
2. Chop sweet potato into small cubes.
3. In a large bowl, combine collard greens, romaine lettuce, apple, green onions, sweet potato, and walnuts.
4. Add the vinaigrette dressing and toss well to combine.

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 295mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

chefs.org

@CHEFSanAntonio

